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NEWS

DROWNING IN DEBT?wbli > INSOLVENCY
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902 482 2000 • www.wbli-bankruptcy.ca**Region pulled
into Syria war**

Rebels occupy part of northern air base; Israel strikes at Damascus twice, hoping to hurt Iran and Hezbollah

PAGE 8

**SHOULDA PUT
A DATE ON IT**

BEYONCÉ'S ON AGAIN, OFF AGAIN RELATIONSHIP WITH HER NEW RECORD IS MAKING SOME OF US FEEL, WELL, FIERCE

PAGE 12

**A Grand
idea, indeed**

Mooseheads. Games 3, 4 of QMJHL final to be shown on big screen in downtown

As the Halifax Mooseheads trek off to Quebec in search of QMJHL glory, hometown city officials are making sure local fans won't miss a second of the action.

HRM is hosting big-screen showings of games 3 and 4 in Baie-Comeau in the Grand Parade on Tuesday and Wednesday night.

"Many experts say this is the best Mooseheads team they've ever seen, and we want to provide residents with an opportunity to see every single game they can," said HRM spokesperson Brendan Elliott.

The events begin at 8 p.m. with the Eastlink pre-game

Puck drop

Games on Tuesday and Wednesday start at 8:30 p.m.

show on the Atlantic Film Festival's big screen. No seating will be provided, but residents are welcome to bring their own.

Metro Transit is running shuttle buses from Alderney Landing and Mumford, from 7 p.m. until game time, and again when the game wraps up.

Mooseheads vice-president of operations, Brian Urquhart, said the team was thrilled when HRM suggested the mass broadcast on home turf.

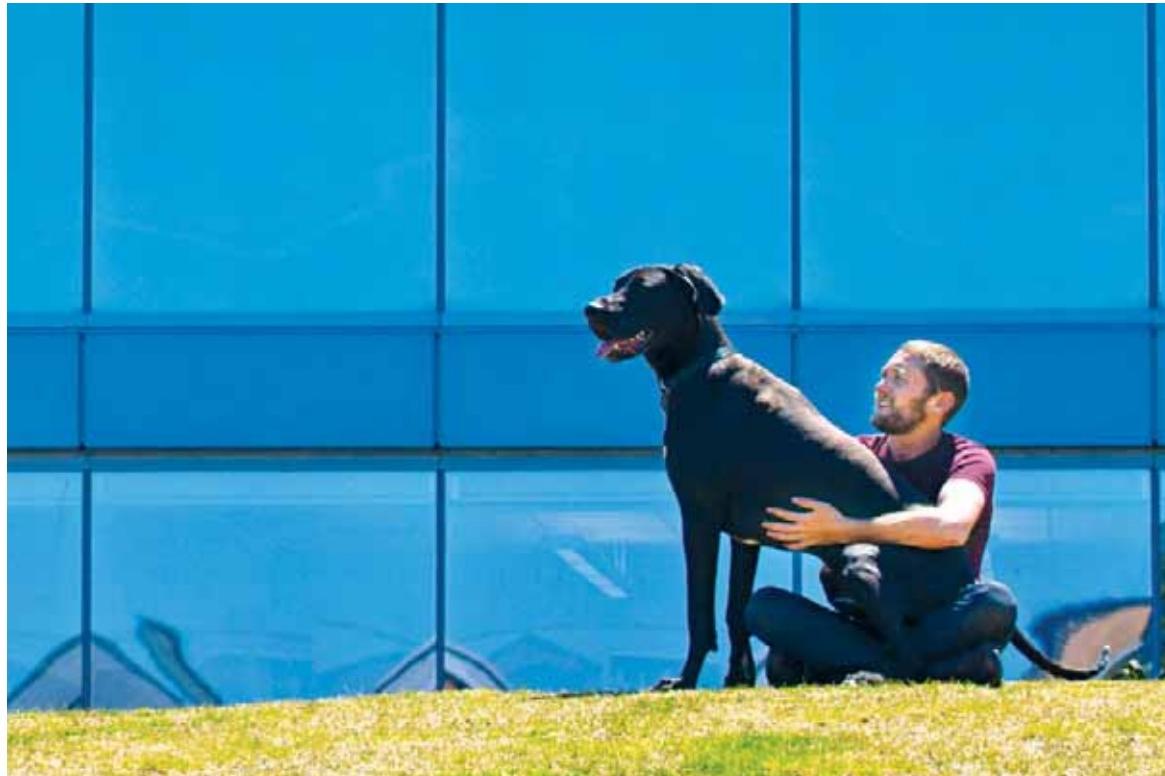
"It's a huge boost," he said. "We're going into 'hostile territory,' so to speak, and it's nice to know that so many fans and friends at home are watching."

The Mooseheads have swept every round of the playoffs so far this year and are up 2-0 over the Drakkar.

Despite the dominant performance, neither Urquhart nor Elliott wanted to make a prediction about this week's games.

"I think the best team will win, and I'll leave it at that," said Elliott. "You can take a look at their record in these playoffs and I think that gives a pretty good indication."

RUTH DAVENPORT/METRO

**THE DOG DAYS OF ... SPRING**

John Moores and his 15-month-old Great Dane named Apollo take advantage of the warm weather to enjoy the Halifax waterfront on Sunday afternoon. It was a warm, sunny weekend and the great weather is set to continue early into this week, with temperatures forecast to reach the low 20s on Tuesday and Wednesday. Story, page 3. JEFF HARPER/METRO

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Book your spring getaway to sun-soaked ... Truro?

Lovin' it. Mini-heatwave will bring sunshine, plus-20 C temperatures this week

 RUTH DAVENPORT
ruth.davenport@metronews.ca

Nova Scotians pining for a healthy dose of spring weather should consider a mid-week getaway to the alluring climate of Truro.

Abandoned car

Police dog follows blood trail to locate missing driver

Police say they are continuing to investigate after a burned-out car was found abandoned early Sunday morning on Peggys Cove Road.

The RCMP say the vehicle was found in a ditch just before 4 a.m. and it's believed it rolled several times.

A K9 unit was brought in and followed a blood trail to locate the driver, who was found at his home.

The driver is believed to have been in his teens.

Police are investigating whether alcohol was a factor.

METRO

Environment Canada's forecast for the week includes a tantalizing cocktail of sunshine and balmy temperatures on Tuesday and Wednesday, with highs expected to reach 22 C both days. However, meteorologist Ming Szeto said residents living along the coast — that is, anyone in peninsular Halifax or central Dartmouth — won't get the full benefit of the mild conditions.

"If you're near the coast and the wind's coming onshore, it's going to feel a lot colder, I

would say probably around 10 C," he said Sunday.

Szeto said the place to be for tropical activities this week is anywhere inland, where frigid ocean temperatures and breezes can't blunt the ridge of high pressure currently sitting over the Maritimes. He had a small consolation for coastal residents already fed up with Siberian winds making a lie of brilliant sunshine.

"The last few days, here in Halifax, the winds were blowing from the northeast, but

now it looks like the wind's starting to go more southwest, so it's going to feel a little warmer," said Szeto.

It should come as no surprise to weather-weary Bluenosers that the brief taste of spring will be snatched rudely away by week's end as the ridge of high pressure is beaten into submission by an approaching system.

"We do have a system coming from south of the Great Lakes that's going to give us some rain late in the week," said Szeto.

Sunny forecast

Environment Canada's three-month outlook calls for above-average temperatures and below-average precipitation for all of Nova Scotia.

- **Monday:** High of 17 C, sunny
- **Tuesday:** High of 22 C, sunny
- **Wednesday:** High of 22 C, sunny



Marking 70th anniversary of Battle of the Atlantic

A memorial service is conducted aboard the deck of HMCS Sackville, which saw the ashes of 21 members of Canada's military placed in the waters outside Halifax harbour on Sunday during a ceremony marking the 70th anniversary of the Battle of the Atlantic. DEVAAN INGRAHAM/FOR METRO

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Mayor looking to right an old wrong with Road to Nowhere

Mistake from the past. Demolishing the Cogswell interchange seen as chance for renewal

It's the big, ugly legacy of urban renewal in Halifax: A tangle of roads that observers say was supposed to stand for progress but ended up dividing the city, figuratively and literally.

Now the successors of those who helped build the Cogswell interchange more than four decades ago want to tear it down, leaving behind 6.5 hectares that could be redeveloped to repair the fractured heart of the city.

"What we have here is an incredible opportunity," says Andy Fillmore, a veteran city planner and Halifax's former manager of urban design.

Quoted



"When I look at that space and think about what could happen, I'm less thinking about a specific purpose but a broader idea of what it could mean for Halifax."

Mayor Mike Savage

Fillmore is among those trying to come up with a plan for the massive hole that would remain in downtown Halifax if the concrete comes down.

It's a priority for the Strategic Urban Partnership, an organization composed of public and private organizations that Fillmore helped found with the goal of revitalizing Halifax's urban core.

"We can do that thing that other cities sit around their boardroom tables and say, 'Did you see what Halifax did? Can you believe that amazing thing they did?'" says Fillmore.

"I think that's the promise that Cogswell holds."

The interchange has been criticized for being too big. And without sidewalks, it's not pedestrian-friendly.

The structure was built in 1970 at a cost of \$5.8 million in the name of urban renewal — an effort to rejuvenate what were considered decaying inner cities. A neighbourhood was lost and more than 100 buildings demolished to make room for the interchange.

At the time, developers envisioned the interchange feeding into a multi-lane expressway that would cut through downtown Halifax and its historic properties, right along the waterfront.

Alan Ruffman, a local historian, was among those leading the charge to stop what was to be known as Harbour Drive.

"It's hard to believe, but that's the thinking in those days," says Ruffman.

"This was the time when Toronto had built



The Cogswell Interchange, built in the 1960s to accommodate a planned waterfront freeway that was never built, is seen in Halifax on Friday.

ANDREW VAUGHAN/THE CANADIAN PRESS

the Gardiner Expressway, it was wanting to build the Spadina expressway. Other towns like Fredericton built a fairly sizable road along their river.

"Expressways were believed to be the way to move traffic and we were in the game."

But it wasn't meant to be. Plans for the expressway eventually fell through amid a lack of funding and

public dissent, and Halifax was left with an orphaned interchange.

For HRM Mayor Mike Savage, tearing down the interchange, dubbed locally as the Road to Nowhere, will be a chance to right a historic wrong.

"It's a relic of a different time, an outdated idea of cities," says Savage, who took over as mayor last fall.

THE CANADIAN PRESS

Meeting

Public input

As for what the space could look like, those involved say public input will be key. The Strategic Urban Partnership will host a public meeting May 16 called the Cogswell Shakeup where residents

will be able to float ideas for the site.

So far, suggestions range from more bike lanes to an aquarium to a stadium, though both the mayor and city planner Andy Fillmore say housing catering to a range of incomes is a priority.

THE CANADIAN PRESS

McDonough set for final radiation treatment

Former NDP Leader Alexa McDonough says she feels blessed that a routine, annual mammogram detected her breast cancer four months ago.

The woman who led the federal party between 1995 and 2003 spoke about her illness in an interview, saying she wants other women to know how important ear-

ly detection can be.

"I've been diagnosed with breast cancer and I'm being treated for it, and I'm very grateful for that," she said Friday evening, as she prepared to go to dinner with friends.

Huge numbers of women across the country and around the world have breast cancer and part of

why I'm prepared to speak about it is that early detection is extremely important."

McDonough said the cancer was detected during a mammogram that's been part of her routine for years.

She is scheduled to finish radiation treatment at a Halifax hospital on Monday. "I feel mostly extremely



Former NDP Leader Alexa McDonough JEFF HARPER/METRO

grateful," she said. "Grateful for the health-care system that is there, the support system that's been developed over many years for patients and cancer survivors."

McDonough, 68, said she is feeling well though slightly tired. She said she is looking forward to Monday's final radiation

treatment.

"If I'm really lucky and it's in the cards, then I may not need any more treatment."

The former social worker was leader of the federal New Democrats from October 1995 until January 2003. She also led the Nova Scotia NDP from 1980 until 1994.

THE CANADIAN PRESS



New approach needed for cyberbullying, Mulcair says

Rehtaeh Parsons case.

Federal NDP leader says Tories are too slow to act on new laws

A gathering of Nova Scotia NDP supporters ended on Saturday with the faint sounds of a protest over how the province's justice system has handled the Rehtaeh Parsons case.

About 20 demonstrators could barely be heard chanting and drumming outside a Halifax hall where federal NDP Leader Tom Mulcair de-

livered a speech to a provincial party preparing for an election.

Rehtaeh's family alleges the 17-year-old girl, who killed herself last month, was sexually assaulted by four teens and a digital photograph of the incident was shared around her school.

Mulcair and Marilyn More, Nova Scotia's minister responsible for the status of women, met some of the protesters privately after his speech.

Mulcair said he would listen to their concerns and identify whether there are other legislative approaches

Other news

- Earlier on Saturday, Premier Darrell Dexter highlighted his government's successes over the past four years at what will likely be the party's last annual general meeting before an election.

that can be taken in the case.

"(I will) try and listen to see if there are some aspects of the legal side and parliamentary side that we hadn't thought of," said Mulcair, who

accused the federal Conservatives of dragging their feet in changing the Criminal Code to include laws against cyberbullying.

More, who was appointed to oversee the province's response to Rehtaeh's case, said she agreed to meet with the group in one month to discuss the progress of an independent review of how the Halifax Regional School Board handled the case.

There will also be a review of the RCMP's original investigation once the current probe concludes.

THE CANADIAN PRESS

Survey: Majority of sexual-assault victims don't trust cops, courts

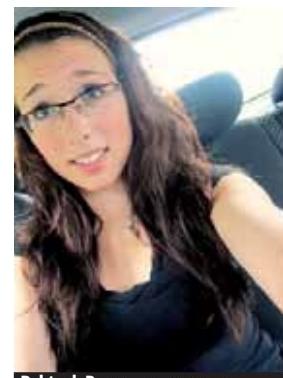
Most sexual-assault victims have little to no confidence in the police, the courts or the criminal-justice system, a new government survey suggests, echoing what advocates have been saying for years.

The responses in the Justice Canada survey show that two-thirds of men and women in Canada have no faith in the justice system, the process of filing a complaint against their abuser and the prospect of seeing a conviction.

Most victims of both child and adult sexual abuse did not even bother filing a complaint with the police, fearing they would be blamed or would not be taken seriously, the document says.

The report surveyed 207 sex-abuse survivors at six sexual-assault centres in mostly urban areas across Canada in 2009 and represented different demographic groups, including aborigines in the North.

It found that the majority — including 70 per cent of



Rehtaeh Parsons FACEBOOK.COM

the male participants — did not report the abuse to police because they feared they would not be believed or did not trust the justice system.

The findings come as governments throughout Canada mark Sexual Assault Awareness Month and weeks after the suicide of Rehtaeh Parsons, the Cole Harbour teenager whose family says the justice and education systems failed her at every turn.

THE CANADIAN PRESS

Nearly \$1 million

Funding to help victims of sexual violence

A two-year funding commitment from the province to help communities address sexual violence is a positive step but, to be effective, such money is needed over a longer period of time, says the head of an outreach group for sex workers.

Rene Ross, executive

director of Halifax-based Stepping Stone, welcomed the \$900,000 funding announcement on Thursday, but said organizations such as hers constantly have to fight with the province to get the support necessary to help victims of violence.

Marilyn More, minister responsible for the status of women, said the funding includes \$700,000 to help develop services for victims and \$200,000 in grants to organizations that deal with sexual violence.

THE CANADIAN PRESS



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Yacht Club in Sydney. Arson charges laid in fire

Charges have been laid in connection with a fire that destroyed the Royal Cape Breton Yacht Club in Sydney.

Derek Joseph Harris, 34, of Victoria Road, Sydney, will appear in provincial court on Monday for a bail hearing and to face charges of breach of probation and setting fire to substance (arson).

Police arrested Harris for breach of probation near midnight Friday and after the arrest, investigators were able to lay the arson charge in connection with the fire at the yacht club earlier that day.

"We're very, very pleased," said Cape Breton Regional Police Staff Sgt. Ken O'Neill. "With the co-operation of witnesses and people coming forward, our Sydney unit and members assigned to the unit, investigators were able to gather (needed) information."



Fire engulfs the Royal Cape Breton Yacht Club. CAPE BRETON POST

O'Neill said Harris is known to police.

"We feel with the information we have that it was a random act and that he acted alone," O'Neill said.

Fire broke out at the Royal Cape Breton Yacht Club Friday around 1:30 p.m.

The three storey vacant building was located on the Esplanade for more than 100 years. CAPE BRETON POST

Five years later. Carvery's death remains unsolved

Police continue to investigate the murder of Jumar Carvery, five years after his death.

On May 3, 2008, two Halifax Regional Police officers patrolling Gottingen Street heard gunshots from the area of Sunrise Walk and Olympic Court around midnight. The officers found the 21-year-old man lying on the walkway, suffering from multiple gunshot wounds.

Carvery, known as Maury to family and friends, was trans-



Jumar Carvery
POLICE HANDOUT

ported to hospital but died of his injuries a short time later.

Police say the investigation into Carvery's death remains active but unsolved.

Shortly after the incident, a police K-9 team turned up a few items of evidence, including a unique Fubu jacket. METRO

Indecent act

Man caught masturbating in truck: Police

Police are investigating an indecent act in Hubley after a woman saw a man masturbating in a truck.

Around 4:15 p.m. Thursday, RCMP responded to reports of an indecent act in the Hubley Centre area on the Hammonds Plains Road.

A female witness saw the man masturbating in his truck and captured the incident on video. She then called 911.

Police soon stopped a vehicle that matched the description. The investigation continues and a charge is pending. METRO

Heavy-handed?

Liberal MLA suspended after heckling

The Nova Scotia deputy Speaker has given a Liberal politician a one-day suspension from the legislature for heckling.

The Speaker initially suspended Zach Churchill for five days after asking him to apologize to her and to the house of assembly for unparliamentary behaviour.

Churchill, who represents the riding of Yarmouth, said the move was heavy-handed and orchestrated by NDP, which was denied. The Speaker later said she erred and reduced the suspension. THE CANADIAN PRESS



Smith 'n' Sarge on guard

Halifax Regional Police's David Smith and police horse Sarge watch as participants of the Walk So Kids Can Talk head up Citadel Hill on Sunday. The walk is Canada's largest fundraising walk in support of young people's mental health and well-being. JEFF HARPER/METRO

Citadel Hill tax dispute drags on

Halifax versus the feds. Almost two decades after clashing over the valuation of the city landmark, no resolution is in sight

Quoted

"If the government is unhappy enough about this, they could repeal the act and pay zero. I'm not suggesting they're going to do that, but it seems to me that in the negotiations, that could always be a threat."

Geoffrey Loomer, a law professor at Dalhousie University

Cities and towns across Canada are closely watching negotiations between the Halifax Regional Municipality and the federal government over the value of Citadel Hill, a legal expert says.

The amount of taxes the federal government owes the city for the national historic site has yet to be settled, nearly a year after Canada's top court ruled in favour of Halifax.

Geoffrey Loomer, a law professor at Dalhousie University, said the federal government is probably mindful of the possible repercussions the case could have for land it owns in other jurisdictions.

"The negotiation they conclude with respect to the Citadel is not legally binding on anybody else," Loomer

said.

"But the information is going to get out there and presumably other municipalities or taxing authorities are going to say, 'Hey, we deserve the same kind of treatment.'

Halifax won the case last June after the two sides battled in the Supreme Court of Canada over the value of Citadel Hill, more than 17 years after the dispute began.

Halifax said the roughly 16 hectares of land was worth \$19 million, while Ottawa argued it was only worth \$10 because it has no commercial value.

The Supreme Court ruled that the federal government cannot set payments based on its own property-value assessments that are far lower

than the provincial assessment.

But the decision did not include a proposed valuation of the site, and since then, the two sides have been unable to reach a deal.

Loomer said municipalities across the country with federal lands have been watching the case closely, including Cape Breton Regional Municipality, home of the Fortress of Louisbourg.

But he said municipalities would still have to make their own arguments to persuade the federal government to pony up, because the Supreme Court's decision doesn't have an automatic bearing on them.

Property owned by the federal government is exempt from provincial and municipal taxation, but Ot-

What is the value?

Tiff could go to dispute panel: Feds

A spokeswoman for HRM said the property value of Citadel Hill was reassessed this year at \$25.8 million.

Tiffany Chase said the municipality is expecting a proposed valuation of Citadel Hill from the federal government within the next few weeks.

Public Works declined an interview request. But in an email, the department said if a settlement with Halifax could not be worked out, the matter will be sent to a dispute panel at the "earliest possible convenience."

tawa has established an act that provides payments in lieu of taxes. The amount of those payments are established by the minister of public works.

THE CANADIAN PRESS

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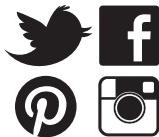
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Syrian rebels enter air base

Regional involvement.
Israel strikes at capital amid days of fighting

Rebels occupied parts of a military air base in northern Syria on Sunday after days of fighting with government troops who have been defending the sprawling position for months, activists said.

The Britain-based Syrian Observatory for Human Rights said rebels moved deep inside Mannagh air base, near the border with Turkey, despite fire from government warplanes. The Aleppo Media Centre says rebels captured a tank unit inside the base and that the base commander, Brig. Gen. Ali Salim Mahmoud, was killed.

The fighting came hours after Israeli warplanes struck areas in and around the capital, setting off a series of explosions as they targeted a ship of

highly accurate, Iranian-made guided missiles believed to be bound for Lebanon's Hezbollah militant group, officials and activists said.

The attack, the second in three days and the third this year, signalled a sharp escalation of Israel's involvement in Syria's civil war. Syrian state media reported that Israeli missiles struck a military and scientific research centre near Damascus and caused casualties.

Rebels have launched a wave of attacks on military air bases around the country in the past months in an attempt to deprive the army of a key weapon used to target anti-government forces.

Rebels have been trying to capture Mannagh air base for months but were only able to take small parts of it.

The Syrian conflict has killed more than 70,000 people according to the UN.

THE ASSOCIATED PRESS

The enemy of my enemy ...

Arab leaders' dilemma

Nearly all Arab states have sided with the rebels. And Israeli attacks were the type of response many had urged from the West. However, while Israel and many Arab states share suspicions about Iran, the perception that they're allied against Assad — even indirectly — is strongly knocked by Arab leaders.

No leader wants to be perceived as OK'ing Israeli attacks. Arab League chief Nabil Elaraby warned of serious repercussions and called on the UN Security Council to "immediately move to stop the Israeli aggressions on Syria."

THE ASSOCIATED PRESS



Bangladesh continues to mourn

A woman is held as she grieves on Sunday after identifying the body of her daughter, a victim of the garment factory collapse in Savar, near Dhaka, Bangladesh. The death toll from the collapse of a shoddily built building in Bangladesh continued its horrifying climb, reaching 622 on Sunday with little sign of what the final number will be. The disaster is likely the worst garment-factory accident ever, and there have been few industrial accidents of any kind with a higher death toll. WONG MAYE-E/THE ASSOCIATED PRESS

Uncle of Boston bombing suspect arranging burial

The uncle of Boston Marathon bombing suspect Tamerlan Tsarnaev arrived in Massachusetts on Sunday to arrange for his burial, saying he understands that "no one wants to associate their names with such evil events."

Ruslan Tsarni, of Maryland, and three of his friends met with the Worcester funeral home director and prepared to wash and shroud Tsarnaev's body according to Muslim tradition. The 26-year-old died after a gun battle with police on April 19.

Funeral director Peter Stefan said he hasn't been able to find a cemetery in Massachusetts willing to take the body. He said he plans to ask the city of Cambridge, where Tsarnaev lived, to provide a burial plot, and if Cambridge turns him down, he will seek help from state officials.

Cambridge City Manager Robert Healy said in a statement that he is urging Tsarnaev's family and the funeral director not to request a burial permit for the city-owned Cambridge Cemetery.

Healy said the city "would be adversely impacted by the turmoil, protests and wide

Quoted

"I'm dealing with logistics. A dead person must be buried."

Ruslan Tsarni

spread media presence at such an interment." He said the families who have loved ones interred at the cemetery also deserve to have their deceased family members rest in peace.

Healey said other federal agencies should take the lead in the burial.

Tsarni told reporters that he is arranging for Tsarnaev's burial because religion and tradition call for his nephew to be buried. He would like him buried in Massachusetts because he had lived in the state for the past decade, he said.

He said he was grateful to Stefan for agreeing to arrange the burial and to his friends for accompanying him to Massachusetts to aid with the funeral.

"These are my friends who feel for me ... as I do under-

stand no one wants to associate their names with such evil events," he said.

Tsarnaev, who had appeared in surveillance photos wearing a black cap and was identified as Suspect No. 1, died days after the April 15 marathon bombing, which killed three people and wounded more than 260 others. His 19-year-old brother, Dzhokhar, was captured.

Stefan said he has received calls from people criticizing him and calling him "un-American" for being willing to handle the funeral.

"We take an oath to do this. Can I pick and choose? No. Can I separate the sins from the sinners? No," he said. "We are burying a dead body. That's what we do."

A half-dozen protesters gathered outside the funeral home on Sunday holding signs and American flags and chanting "USA!" One sign read: "Do not bury him on U.S. soil."

Several people drove by the funeral home earlier Sunday and yelled, including one man who shouted, "Throw him off a boat like Osama bin Laden!" THE ASSOCIATED PRESS

Libya

Gadhafi-era officials banned from government

Libya's parliament passed a law on Sunday barring officials who served under ousted dictator Moammar Gadhafi from government posts, a move that could push many of the country's new leaders from office.

The law injects a new dose of uncertainty during a still-fragile transition.

THE ASSOCIATED PRESS

Bachelorette party

Five women killed in Cal. limo blaze

A stretch limousine taking nine women to a bachelorette party erupted in flames, killing five of the passengers, including the bride-to-be, authorities said Sunday. The limo was carrying the women and its driver when it caught fire Saturday on one of the busiest bridges on San Francisco Bay. Five of the women were trapped, but the four others managed to get out after the car came to a stop. The driver was the only person to escape unharmed. THE ASSOCIATED PRESS

U.K. Senior lawmaker denies rape, sexual assault allegations

A senior British Conservative Party politician arrested on suspicion of rape and sexual assault said Sunday the allegations against him are "completely false."

Deputy House of Commons Speaker Nigel Evans, 55, was arrested on Saturday. He was questioned about sex offences that allegedly took place between July 2009 and March 2013 and was later released on bail.

Evans — who has served in Parliament for two decades and is one of Britain's most prominent gay lawmakers — said the allegations were made by "two people well known to each other" and who until a day earlier he had regarded as friends.

"The complaints are completely false and I cannot understand why they have been made, especially as I have continued to socialize with one as recently as last week," he said, thanking colleagues and friends who echoed his own "sense of incredulity" over the allegations.

He did not address whether he would stay on as deputy speaker in his brief prepared statement on Sunday, but a spokesman for the House of

Commons confirmed that Evans had asked to be excused from chairing the Queen's Speech debate due to start on Wednesday.

Lee Bridges, the spokesman, said Evans had asked Speaker John Bercow to excuse him from the debate in the House of Commons and that the speaker was "happy to give him that" time, which could last about a week.

British officials, including Defence Secretary Philip Hammond, expressed shock over his arrest, while Foreign Secretary William Hague called him a "popular and well-respected member of Parliament."

Evans has been a lawmaker since 1992. In June 2010, he was elected one of the three deputy speakers for the House of Commons.

Later that year, he told a newspaper he was gay, saying he was "tired of living a lie" and that opponents had threatened to expose his sexuality.

"I could not afford it to be used as leverage against me," he told The Mail on Sunday at the time. "I couldn't take the risk. I don't want any other MP to face that kind of nastiness again." THE ASSOCIATED PRESS

Inmates just prisoners of love

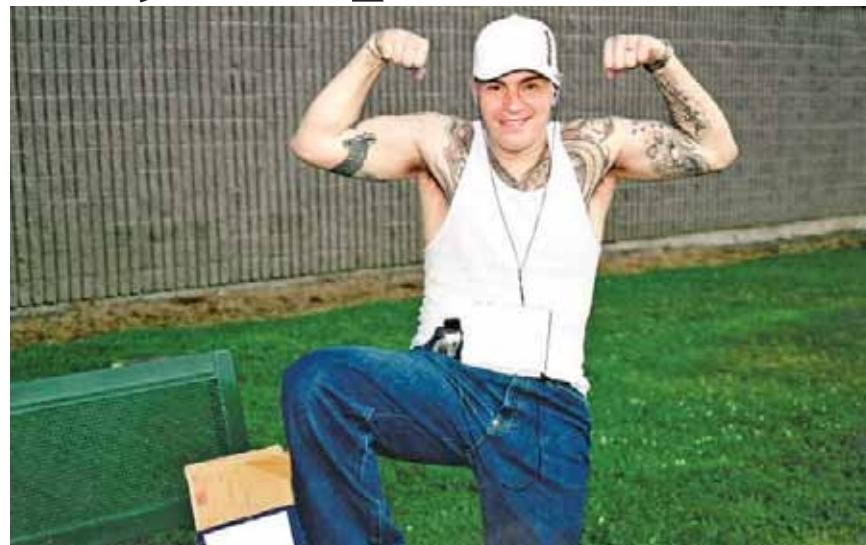
Hooking up. A dating website for Canadian convicts helps those behind bars find love on the outside

One bachelor says he can't be available for a first date for awhile — at least not before 2021. Another claims to hold the Toronto record for robbing the most banks in the shortest span: 11 financial institutions knocked off in four-and-a-half hours. "Not something I am really proud of," Alex Nikoloski writes.

The suitors are among dozens of male and female cons who have posted personal profiles and photos on a matchmaking website with a twist. This site hooks up people on the inside with those on the outside.

Canadian Inmates Connect Inc. showcases numerous prisoners serving life sentences and helps the incarcerated find pen pals and, perhaps, much more.

The 16-month-old website, which promotes some



Inmate Steve Mehlenbacher, who is serving his fourth federal sentence after a total of 16 bank-heist convictions, met his girlfriend on the Canadian Inmates Connect Inc. website which hooks up people on the inside with those on the outside. CANADIAN INMATES CONNECT HANDOUT/THE CANADIAN PRESS

40 convict profiles, has even churned out a few lockup love stories.

The site's founder, Melissa, a 35-year-old Toronto mom, says she was inspired to start the website after see-

ing similar ones in the United States. Melissa says most of the profiled prisoners heard about the website through word of mouth and inmate committees. They mailed her a blurb, photos of themselves

and a \$35 annual membership fee.

For some, the results have led to jailhouse bliss.

Julie Young, 24, a single mother from Truro, N.S., credits the website for intro-

Quoted



"I would marry him because I love him and I see him having a really good future now."

Julie Young, 24. Her sweetheart, Steve Mehlenbacher, 42, is serving his fourth sentence after 16 bank-heist convictions.

ducing her to a convicted bank robber she hopes to marry one day.

Her sweetheart, Steve Mehlenbacher, 42, is serving his fourth federal sentence after a total of 16 bank-heist convictions.

Young plans to move across the country this month to be closer to her man, who's locked up in the medium-security Mountain Institution in Agassiz, B.C., about 140 kilometres east of Vancouver.

They have never met in person, but they exchange letters regularly and have daily chats on the phone.

THE CANADIAN PRESS

Recreational league

Soccer referee allegedly punched by teen player dies

A soccer referee who slipped into a coma after being punched by a teenage player during a game a week ago died Saturday night, police said.

Ricardo Portillo, 46, of Salt Lake City passed away at the hospital, where he was being treated, police said. Police have accused a 17-year-old player in a recreational soccer league of punching Portillo after the man called a foul on him and issued him a yellow card.

The teen has been booked into juvenile detention on suspicion of aggravated assault. Spokesman Justin Hoyal said authorities will consider additional charges since Portillo has died.

Portillo suffered swelling in his brain and had been listed in critical condition Thursday at the hospital in the Salt Lake City suburb of Murray.

THE ASSOCIATED PRESS

Ask the Experts

Meet the Maritimes' Most Trusted Gold & Silver Buyer

If you don't already know them, then we think it's time for you to meet the Maritimes' fastest growing and most trusted precious metals recycling company - Recycle Frog. This company understands that trading gold for cash may seem like a risky transaction but it assures people it can be a positive and rewarding experience if due diligence is done.

Over the past five years, the price of gold and silver has seen a dramatic increase. But recent volatility has people wondering if they should sell now or risk it falling even further.

Understandably, recent cases of people being cheated by cash for gold services have some consumers worried. The majority of these cases involve mall kiosks and pawnshops though, with customers receiving only a fraction of their items' worth.

Every Recycle Frog transaction starts with a trained evaluation agent examining the items to determine the purity of the metal — 10 karat, 14 karat, sterling silver and so on. With gold items, a resistance tester is used to confirm the



purity. Items are grouped and then weighed to determine their value. Recycle Frog's payout prices are updated daily to reflect current spot market prices.

What makes the Recycle Frog experience different is how open and transparent their whole transaction is. From start to finish, the customer is with them every step of the way to see how they test, evaluate, weigh and price the items. They provide an educational and positive experience with none of the typical magic math or tricks the industry has become well known for.

In order to serve its customers best and offer the highest level of convenience, Recycle Frog hosts several public events at venues all across the greater Halifax region. People are welcome to come by for a fast, no-cost, haggle-free evaluation.

For more information or to schedule an expert evaluation at their Terrace Professional Centre offices on the Bedford Highway, please call 902.405.4114 or visit recyclefrog.com to find out about their public events. You'll be glad you did.

RECYCLE
FR**G**

Calling all basement inventors: Industry Canada wants you

Home tinkering. Survey of consumer-innovators tries to assess how many Canadians are making the products of tomorrow in their own workshops

The federal government wants to tap into the skills of obscure basement inventors and turn their tinkering into innovative consumer products.

A new survey for Industry Canada found almost 13 per cent of Canadians are so-called "private innovators," who have improved on consumer goods or created new products in the past three years. Research in the U.S. and elsewhere has found similar numbers of ordinary basement tinkerers, regarded by some as a talent pool



Gareth Grainger, 15, skateboards in downtown Vancouver in early April. Skateboards began as roller-skate wheels nailed to boards, a home-grown product later adopted and improved by manufacturers. Now, the federal government wants to tap into the skills of home inventors. DARRYL DYCK/THE CANADIAN PRESS

consumer-products firms must harness to find fresh profits.

Industry Canada paid survey firm Ekos Research Associates Inc. \$80,000 to determine how many Canadians were themselves making the products of tomorrow in their workshops.

The department has said the survey is part of a larger project to encourage product development through consumer-innovators, including "framework laws, expenditure programs and regulatory-standards systems." THE CANADIAN PRESS

Auction. Apollo 11 memorabilia for sale

A U.S. auction house will soon accept bids on space and aviation artifacts, including an electrocardiogram of Apollo 11 Commander Neil Armstrong's heartbeat taken when he first set foot on the moon.

Amherst, N.H.-based RR Auction will take bids on the EKG, which registered a normal

heartbeat, during an online auction from May 16 to 23. Other artifacts for sale include the joystick controller operated by astronauts Buzz Aldrin and Michael Collins in the Apollo 11 command module.

More than 85 lots of Apollo 11 material will be featured in the auction. THE ASSOCIATED PRESS



This joystick controller was used by Apollo 11 astronauts on their trip to the moon. RR AUCTION

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Protesters take aim at Hollande

A man holds a banner that reads "For a 6th Republic" in Paris on Sunday during a rally to protest austerity measures announced by the French government. Tens of thousands of supporters of leftist parties marched through central Paris to express disappointment with President François Hollande's first year in power, criticizing the leader for renegeing on his promises to rein in the world of finance and enact economic stimulus. MICHEL SPINGLER/THE ASSOCIATED PRESS

Media concentration

CRTC will take another look at Bell-Astral deal

Bell is heading to the CRTC for a second time in hopes that its plan to sell off the majority of Astral Media's TV channels will be enough to appease the regulator's worries its takeover of the media company would not be good for Canadians.

A new round of public hearings on Bell's revised plan to buy Astral starts Monday after the Canadian Radio-television and Telecommunications Commission killed the plan last fall, citing concerns it would restrict choice and raise prices for consumers.

Janet Lo, legal counsel with the Public Interest Advocacy Centre, said the revised deal isn't all that different from Bell's first attempt to win approval to buy Astral. "For us, it raises the same concerns for competition as the first transaction," said Lo, who will appear before the CRTC at the hearings.

THE CANADIAN PRESS

Canuck e-tailers falling behind U.S. counterparts, report warns

Quoted

"Canadian online shoppers will sacrifice any loyalty to Canada-domiciled retailers if they can find the same product cheaper online at an online marketplace or via a U.S. or international retailer." Forrester Research report

shaking in their boots," the report says.

"Canadian online shoppers will sacrifice any loyalty to Canada-domiciled retailers if they can find the same product cheaper online at an online marketplace or via a U.S. or international retailer."

Forrester says about 25 per cent of online spending by Canadians already goes through international websites. And the data suggests Canadian shop-

pers are growing increasingly comfortable with cross-border buying.

About 68 per cent of Canadian online shoppers said they have shopped at a web store based outside Canada. Of those, 72 per cent said it was because they couldn't find what they were looking for from a Canadian e-tailer, and 59 per cent said cheaper prices contributed to their decision to buy abroad.

THE CANADIAN PRESS

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GIVE UP THE GUTTER POLITICS

The good news is that Nova Scotia's four Conservative MPs say they are not going to waste taxpayer dollars sending constituents their national party's mudroom-generated, bottom-feeding Justin Trudeau mauler-mailers.

The bad news is that not one of them — Peter MacKay, Gerald Keddy, Scott Armstrong, or Greg Kerr — seems prepared to denounce either their ballyhooed content or their flagrant abuse of public funds.

The publicly funded mailers, which are intended to allow local MPs to update their constituents on what they've been doing for them in the House of Commons and alert them to programs or issues of local significance, have been hijacked by the national parties — mostly, but not exclusively, the Tories — to fund partisan federal muck-tossing.

Consider the latest, which is scheduled to "blanket"



URBAN COMPASS
Stephen Kimber
halifax@metronews.ca

the country on June 1.

Using every cheap font and design trick from a 1970s graphic designer's handbook, it flanks side-by-side photos of Trudeau (dated, wispy beard, jacket over his shoulder, bathed in sparkles) and Harper (current, formal, larger, surrounded by what one wag called an "angelic glow").

Above the photos, the ad features a series of fact-maligning, decontextualized, bullet-smearing points intended to contrast the two men.

Perhaps our MPs should read them more carefully.

"A famous last name," mocks the mailer, "is not enough to run Canada's economy."

How about Canada's defence?

Consider Peter MacKay, whose admittedly more modestly famous last name smoothed his own entree into fed-

eral politics and whose resumé is sprinkled with the fairy dust of semi-glamorous liaisons with semi-glamorous celebrities.

Is having his semi-famous last name really enough to justify botching the purchase of a fleet of untended fighter jets?

In the mailer, the Tories mock Trudeau's supposed inexperience by highlighting the fact he was once — horrors — a "drama teacher," a "camp counsellor" and "white water rafting instructor."

Should Scott Armstrong's next campaign flyer begin with the embarrassing boast that he was once a kids' baseball coach?

Should Gerald Keddy confess he is — as his bio attests — an "avid" outdoorsman?

Should Greg Kerr own up to the fact that he, like the unqualified Trudeau, was once — oh no! — a school teacher?

Or should our MPs finally stand up, tell their leader enough is enough and demand an end to the gutter politics that demeans us all?

ZOOM

Round 1 ... and fight!



OLIVIER MAIRE/KEystone/THE ASSOCIATED PRESS

Cows lock horns to establish hierarchy

The cow Schakira, left, fights against Champion during the traditional annual Combats de Reines (Combat of the Queens), a cow fight in Aproz, in the western Alpine canton of Valais, Switzerland, on Sunday.

Valais is home to a unique breed of cows, the Herens, also

called Eringer cows. The female cattle are robust and possess the singular characteristic of fighting among themselves to establish a hierarchy within the herd.

The behaviour of the breed has given way to the organized cow fight, which attracts stockbreeders and spectators yearly.

THE ASSOCIATED PRESS

It's an uphill battle

- The cows' ritual happens naturally every spring as the cows make their annual climb to high mountain pastures.
- The cows choose an opponent to lock horns with, and the fight ends when the defeated cow walks away. At the end of the tournament, the cow who hasn't been defeated is crowned "the queen."
- The queen becomes the leader, and guides the drove up the mountains.

will be held in a yurt set up in downtown Halifax. She hopes the traditional South Asian shelter will attract interest in the bazaar and its message. "Most people want to believe their purchases benefit the people who produced them."

By providing items such as beadwork from South African women's groups and hand-felted rugs from Kyrgyzstan, the fair-trade bazaar is sure to offer ethically conscious consumers the options they crave.

Craig and Marc Kielburger are founders of the international charity and educational partner Free The Children. Email them for more information and to get involved. Send your stories to goodnews@metowe.com and we'll share them right here.

Letters

As a teenager in Toronto, I strongly oppose underage drinking and feel that it is a growing epidemic in our society.

Recent studies have shown that more than 80 per cent of high school seniors in the U.S. admit to drinking alcohol. Further studies have shown that the average American has had his/her first drink at the age of 14. This is unacceptable, and is leading my peers into a lifestyle of substance abuse. Research shows that individuals who start drinking at a relatively early age are far more

likely to become alcoholics.

Each year, approximately 5,000 deaths occur as a direct result of underage alcohol consumption. The parents of these children need to be more involved in their children's lives, and not turn a blind eye to what they're doing. They should set boundaries and keep a close eye on the type of crowds their children are hanging around with.

I believe that underage drinking is a major problem in our society. It should be brought up to parents and children and dealt with appropriately.

Rahmeh Abdul-Jabbar, Toronto

WE WANT TO HEAR FROM YOU:

Send us your comments: halifaxletters@metronews.ca

Where's the album at?

Beyoncé. Release date rumours, album title rumours and cancelled press conferences has us all wondering the same question

MICHELLE CASTILLO
Metro World News

Is it out? Is it coming? Why hasn't Beyoncé's album dropped? Metro walks you through the winding road of pushed back release dates.

JANUARY 10

The February 2013 GQ cover story announces that Beyoncé's album could come out as early as April. She says the album will be mostly R&B.

"I always have my Prince and rock/soul influences. There's a bit of D'Angelo, some '60s doo-wop. And Aretha and Diana Ross," she commented.

FEBRUARY 11

The singer hints that the new album will be "a lot more sensual" and "empowering." So, she's still a fierce, independent woman, but she's crazy in love and bootylicious?

MARCH 10

A fake track list for Bey's new album surfaces online. Knowing what we know now, there's probably no chance that Ratchet (feat. Lady Gaga & Azealia Banks) and More Than Sex (feat. Ne-Yo) are real songs, seeing that all the singles she has released or pre-viewed were not on the list.

MARCH 17

Beyoncé releases Bow



Beyoncé has been dropping hints for a while, but she hasn't dropped an album. GETTY IMAGES

Down/I Been On on her website.

"I took some time to live my life, but don't think I'm just his little wife."

MARCH 19

MediaTakeOut reports that Beyoncé's new album will come out in fall 2013 now because the two songs

that were released — Nuclear and Bow Down — were not doing so well.

"No one thought that both (songs) would fall flat. They were supposed to be her biggest two songs off the album," a source told the website.

MARCH 28

Rolling Stone reports the

new album is called Mrs. Carter (but reports on later dates say the album is yet-to-be titled).

APRIL 3

Producer The Dream says Bey has a "very sexual" track called IV Play.

"She's talking about her man, hopefully," he said

about the song during the radio program The Angie Martinez Show. "She was talking that talk. That's one of the best performances I've heard from her in that way."

APRIL 4

The new single Grown Woman is released in a minute-long Pepsi advertisement. The video features Beyoncé in a room full of mirrors. Each show a reflection of one of her old looks.

APRIL 8

MTV says in a story about Kelly Rowland that her colleague Beyoncé will release an album within eight months.

APRIL 23

Don't fret: Gwyneth Paltrow said Beyoncé's album will be out soon. She told Digital Spy that she's heard a "lot, lot, lot" of the songs, but she doesn't know which ones will be left on the cutting room floor.

APRIL 23

Beyoncé performs Grown Woman in Paris, but the unnamed album and the track still have no release date.

APRIL 25

Beyoncé debuts a 90-second clip of a new song called Standing on the Sun for her H&M ad campaign.

MAY 1

A publicist told Metro that a Beyoncé press conference in London, scheduled to promote her role in the animated film Epic, has been cancelled, along with a press screening of the film.

Perhaps this means she's finally finishing that album? Maybe.



Steve Carell answers a fan question at The Office Wrap Party at PNC Field.
JASON FARMER/THE ASSOCIATED PRESS

The Office. 10,000 fans show up to meet stars at Wrap Party event

The actors who play Pam, Jim, Dwight and other beloved characters from the popular NBC show The Office bade farewell on Saturday to the northeastern Pennsylvania city of Scranton that served as the TV setting for their fictional paper company.

The NBC mockumentary about a clan of quirky cubicle-dwellers wraps up May 16 after nine seasons, and a crowd estimated at 10,000 attended a Wrap Party in Scranton to show their appre-

ciation.

Jenna Fischer, John Krasinski, Rainn Wilson and other stars rode in classic convertibles and posed for hundreds of photos as fans thronged around them. The stars later took the stage in front of the Lackawanna County Courthouse and played a concert with The Scrantonites.

Steve Carell, who played office boss buffoon Michael Scott, wasn't expected to make an appearance but surprised fans at a celebration

later outside the city at PNC Field, home of the New York Yankees' Triple A affiliate, The Scranton Times-Tribune reported.

On stage Saturday, Wilson paid fans the ultimate back-handed compliment — befitting his character, Dwight Schrute, a paper salesman utterly lacking in social graces.

"The Office fans are the greatest fans in the world!" he said. "Next to Seahawks fans." THE ASSOCIATED PRESS

Will: My 'supergrandma' made me who i.am

Influence. Ambitious, innovative Black Eyed Peas frontman and solo artist dedicated his latest album to the person who moulded him as a youth

Will.i.am wants to be known as a maker — not just of music, but things, from cars to headphones.

The Black Eyed Peas frontman is computer chip-maker Intel's "director of creative innovation." He's also partnered with Coca-Cola to create a new brand of products.

Not that the seven-time Grammy winner has lost his ear for hits. Three songs from his new album, (hash) willpower — featuring Justin Bieber, Britney Spears and Miley Cyrus — are now in the

Billboard Hot 100. But will.i.am is looking well beyond pop charts to measure future success. The 38-year-old Los Angeles native sat down for a conversation that touched on topics ranging from Biggie Smalls to his late grandmother.

In one song, you quote a Notorious B.I.G. line about being on the cover of Fortune magazine. But you actually did it recently. Does that make you reflect on how far hip-hop has come?

The line is, "Willy be flossing/Geeking on the cover of Fortune/Five double-oh sending flows to Martians." The fact that I sent a song to Mars is like "Whoaaaa!" And then being on the cover of Fortune magazine and Biggie Smalls saying that in a rhyme never having been on the cover of Fortune was just like "Whoaa!" Just "whoaa" moments. ... My music career had nothing to do with that. The cover of For-

tune came from the other part of my career. That's philanthropy, being an entrepreneur and thinking outside the box.

Can you envision yourself doing that and not making music anymore?

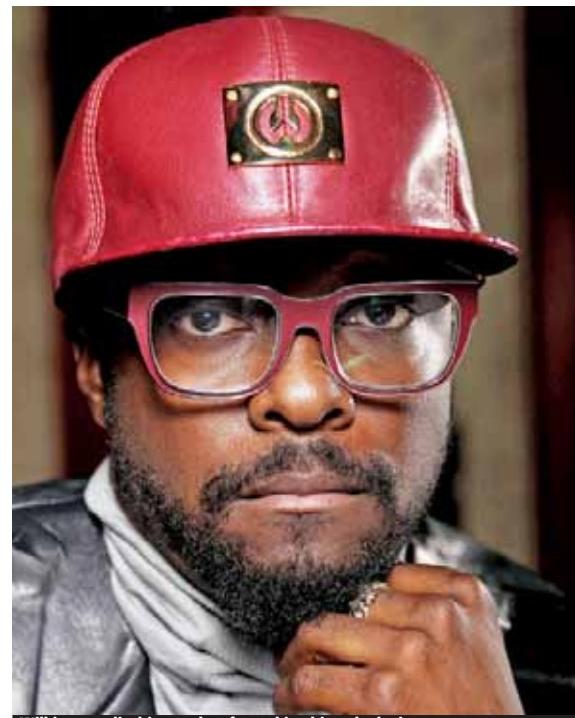
I'll still make music... I'll use my music to bring awareness to the things I make. ... It's the original use of music. It's just that the people making music never participated in the things that were sold around it. For example, before there was a music industry, people played music in speakeasies and juke joints. ... And music sold radios and turntables and CD players. But the musicians never participated in that business. And if they dared sell anything outside of that circle of products, they were sellouts.

The Black Eyed Peas announced their hiatus two years ago. When did you start working on the album?

I started working on (hash) willpower for about two, two-and-a-half years. And when you're in a group like The Black Eyed Peas and you're successful, a lot of times the company that you're with wants you to do just that. And they don't see that you can be successful outside of that. So I had to do (hash)willpower all by myself — fund it, pay for it. ... There's a lot at stake. You don't succeed, you mess up your group. ... Very few people succeed outside of a successful group. So it's been a hurdle.

You dedicated the album to your late grandmother Sarah Ann Cain. How did she influence you?

We're from the projects — East L.A. On welfare the majority of our lives. A lot of my friends are dead or in prison. Just like any urban person that comes from areas like I'm from. But my grandma was supergrandma.



Will.i.am credits his grandma for making him who he is. MATT SAYLES/INVISION/AP

Ain't nobody mess with our family in my neighbourhood because everybody loved my grandma. She was the one that prayed for everybody. We were one of the first families in the projects. And I moved them out. Music allowed me. If there was anybody who sculpted me, my mind, my heart, it was my grandma. ... She's not here anymore. But she's still here.

THE ASSOCIATED PRESS

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Reese Witherspoon. ALL PHOTOS GETTY IMAGES

Reese: BFFs with cops

Reese Witherspoon is continuing the damage control after her arrest last week in Atlanta for disorderly conduct. On Saturday, the actress was spotted arriving at LAX with one curious accessory: a hat bearing the seal of the Atlanta Police Department, People.com reports. We're

guessing this is an attempt by the actress to show the world that, "Hey, the cops and I are cool, OK?" but we're just curious about how she got that hat in the first place. Was it a parting gift after her time being booked in the station? We're guessing it wasn't part of the latest swag bag she got.

Suburgatory star pulls a fast one

Two things surprised me about Jane Levy, who plays doleful teen Tessa Altman on ABC's Suburgatory, this weekend. One: She's 23. I swear, between she and Cory Monteith, Hollywood is all about casting people far removed from high school to tap into that inner teen angst. Two: She's getting divorced! Did anyone even know she was married? Apparently she was, TMZ says, to a guy named Jaime Freitas, who has a bunch of random foreign acting credits to his name. Well, Levy filed for divorce on April 16, we're just hearing, citing that all-too-familiar "irreconcilable differences"



note. The papers say she doesn't want to pay spousal support to Freitas, to whom she was wed since March 2011. I mean, can you blame her? That's probably the one good decision this girl has made over the past two years.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Billy Ray Cyrus is clueless and Clint Eastwood is wife-less



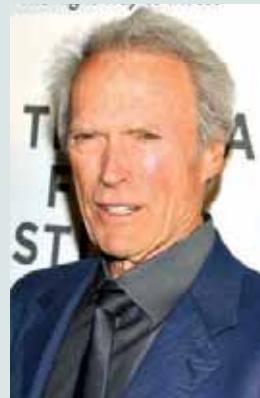
STARGAZING
Malene Arpe
scene@metronews.ca

As part of their divorce settlement, Joe and Tina Simpson split the life insurance policy on Jessica Simpson. Kris Jenner sends a "Kongratulations on being trail blazers" kard.

Billy Ray Cyrus says even he doesn't know when Miley and Liam Hemsworth will get married. That's not surprising. He also doesn't know that we all know he's wearing a wig.

The Kardashians vacation in Greece. That explains the recent mass demonstrations in Athens.

Morgan Spurlock, who's working on a film about One Direction, says the documentary will include a doctor talking about what goes on inside a young girl's brain and body when she hears the boy band play. The doctor says, "The neural and physical symptoms are configured in such a way as to create a psychological as well as corporal matrix of stimuli and after 23 years

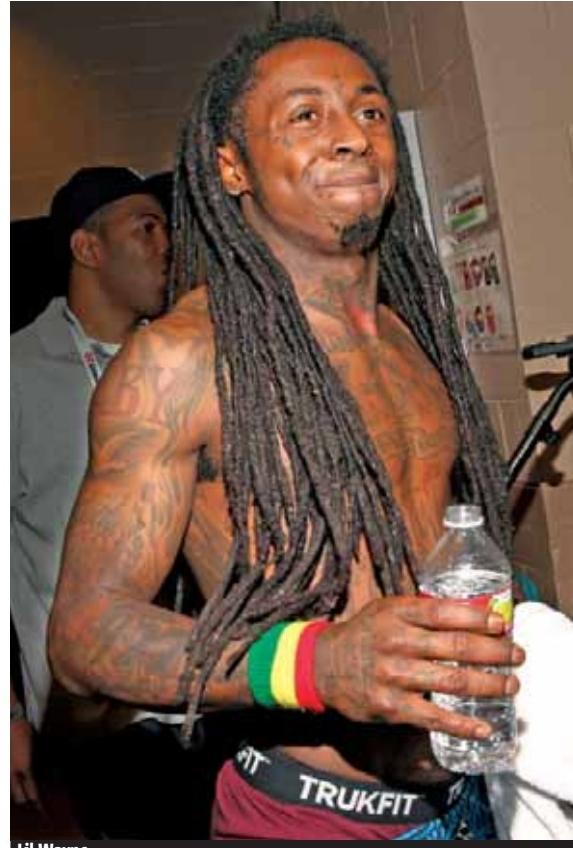


of intensive studies of the phenomenon of boy bands and their influence on teen girls, the conclusion is Blarg! OMG! Swoonerific!"

Amidst rumours of marriage trouble, Clint Eastwood takes off his wedding ring. He also goes shopping for a new sports car, gets a tattoo and lowers the waist of his pants to a jaunty four inches below his arm pits.

Lindsay Lohan may be launching a website about "art, fashion, music and movies." It will be a lot like Gwyneth Paltrow's site, except mostly about falling down in night clubs.

Alleged comedy Two And A Half Men will be returning next season without Angus T. Jones. Thus necessitating a change of the show's name to Two Men And A Blurry Photo On A Coffee Table.



Lil Wayne

Pepsi cutting ties with Lil Wayne

PepsiCo is bowing to public pressure for the second time in a week and cutting ties to Lil Wayne over the rapper's crude reference to civil rights martyr Emmett Till in a song. Lil Wayne, one of the biggest stars in pop music, had a deal to promote the company's Mountain Dew soda.

Earlier this week, PepsiCo also pulled an online ad for the neon-coloured soda that was criticized for portraying racial stereotypes and making light of violence

toward women. That ad was developed by rapper Tyler, the Creator.

On Friday, PepsiCo said in a statement that Wayne's "offensive reference to a revered civil rights icon does not reflect the values of our brand." It declined to provide any further comment.

A publicist for Lil Wayne, Sarah Cunningham, said that the split was due to "creative differences" and that it was an amicable parting.

THE ASSOCIATED PRESS

Twitter



@SirPatStew

Nothing like an early start to the weekend - though not when your hotel is on fire.



@snooki

I love the smell of good hairspray



@Sethrogen

I just impulse bought a 15 pound brisket.



@mindykaling

In Soho, Chanel is across the street from Crocs. High 'n low baby #nyc

101.3 THE BOUNCE **f15 minutes of fame!**

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Schedule A
County of Halifax Claim No. 406701
IN THE SMALL CLAIMS COURT OF NOVA SCOTIA

BETWEEN:
TD AUTO FINANCE (CANADA) INC. CLAIMANT
- and -
TIMOTHY LAWRENCE O'CONNOR AKA TIM L. O'CONNOR DEFENDANT

TAKE NOTICE that, on February 7, 2013, a second renewal Notice of Claim was filed in the Small Claims Court of Nova Scotia by TD Financing Services Inc. against the Defendant, Timothy Lawrence O'Connor aka Tim L. O'Connor, and that an Order for Substituted Service was subsequently granted therein.

The Defendant, Timothy Lawrence O'Connor aka Tim L. O'Connor, has twenty (20) days from the date of publication of this notice to file a Defence to the claim commenced by the Claimant. Failure to respond to this notice may lead to a judgment being entered against the Defendant without further notice.

Take further notice that this Claim is currently scheduled to be heard before the Small Claims Court of Nova Scotia located at 5250 Spring Garden Road, Halifax, Nova Scotia on Monday, June 3, 2013 at 6 p.m.

For a copy of the Notice of Claim, contact David M. Moorhouse c/o Burchells LLP, Suite 1800-1801 Hollis Street, Halifax, Nova Scotia, B3J 3N4, Phone: 902-423-6361/Fax: 902-420-9326.

Cooperation

Don't ask your kids, tell them

Do not pose instructions as a question.

"Do you want to put your mitts on?" will often get a reply of "NO!"

Use an "it's time to..."

statement.

"It's time to put your mitts on."

If "NO!" still happens you can say, "Oh, I didn't ask you, I was just letting you know what time it is."

ANDREA MAIR OF
YUMMYSUMMYCLUB.CA

Environment

Diaper disposal does double duty

Want to know a clever way to make your dollar stretch further, get your baby gear doing double duty and be environmentally friendly?

When you've moved beyond diapers to toilet

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KAT INOKAI OF
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Where does religion fit in?

Soul searching. Mom worries if she should be introducing some spirituality into her child's upbringing

JULIE M
GREEN
YummyMummyClub.ca

After a recent near-miss faux pas (whereby I almost signed off an email wishing a Jewish acquaintance a Happy Easter), religion is at the forefront of my thoughts.

Though we were both raised Catholic, my husband and I made a conscious decision to eschew religion when raising our son. At the risk of facing the ire of in-laws, we decided not to christen him or to subject him to regular mass or sacraments. He is attending a public school.

Like many parents, we do not want to force a particular faith onto our child. Rather, we want him to make an informed decision about his own spirituality when he is old and mature enough to do



Should children be introduced to religion or allowed to make up their own mind when they are able? iSTOCK

so. Until then, we try to impart our Christian values in a loose, fairy tale way. While it may be naive of me to think you can cherry pick parts of

a given religion and discard those that leave a bad aftertaste, so be it. Yet part of me wonders if agnosticism is truly the right move.

I wonder whether he is missing out on a distinct sense of community and tradition. When you don't belong to a religion, you are adrift.

You have friends and family, sure, but no spiritual raft. Are we doing our son a disservice by leaving him out at sea with no oar?

For those who staunchly believe, faith creates order out of chaos, meaning out of meaninglessness. But at heart I'm a Lennonist (not to be confused with Leninist!). As in John Lennon, of Beatles All-You-Need-is-Love, fame.

I'm a big believer in love over rites and rituals. Given the choice, I'll choose human kindness and acceptance over doctrine and dogma any day of the week. Jesus loved sinners. However, I've come to the sad conclusion that the Church does not. But who knows what will happen with a fresh new pope in situ.

Though I wouldn't liken a religious upbringing with child abuse, as some atheists famously do, I question whether it is selfish to blackball my son's spiritual education. If we don't teach him, how will he know what he's missing? Will he resent us for not versing him in the ways of the Bible or introducing him to God, Allah, and Buddha?

Want a perfect photo? Use whiskey

When I photograph my kids, there is one basic understanding that I have with them: I just need ONE good photo.

The faster that they cooperate and give me that one photo, the faster they are free to go and build Legos/colour/play Minecraft. If they grimace or scowl, they just drag out the process. I don't want to spend an hour taking photos, and they don't want to spend an hour posing. This doesn't always work when your kids are wee, of course.

Scowl aside, here are five tips for taking great photos of your kids.

1. Use whiskey

Not the beverage; the word.

Unless, of course, a shot of whiskey is your thing. If you try to make your kids smile by telling them to say "cheese" their smiles will look cheesy. If you have them say "whiskey" (or "monkey" if you have an adverse reaction to whiskey), their smiles look more natural.

2. Shoot them (off-centered)

The technical term is "Rule Of Thirds," but the gist of it is this: You do not want them right smack in the middle of the frame. Move them to the right or left of centre and you will have a shot that is instantly better.

3. Fill the frame

If you are hoping to capture a good portrait of your child, zoom in and fill a large portion of the frame with her face. To get an even more dynamic shot, crop out the top part of her head.

4. Catch them when they aren't looking

We all seem to be programmed that the best shots are the ones where our children are looking at the camera smiling the perfect smile, and showing the world how adorable they are. Sometimes a great photo of them occurs when they are not even aware that you are snapping their photo.



Tell the kids to say 'monkey' instead of 'cheese' and you'll end up with a less 'cheesy' smile. iSTOCK

5. Break all of the rules

Try different angles, different perspectives, different crops.

You may end up with a photo that is timeless.

ANGELLA DYKSTRA OF
YUMMYSUMMYCLUB.CA

metro

NURSING WEEK

Monday, May 6, 2013

An evolving profession

CHRIS
EDWARDS
For Metro

National Nursing Week celebrates a profession with a complex history. While some may know the story of Florence Nightingale, hers is but one moment in the development of the nurse — a role that has evolved from servant and helper to independent, organized, medical leader.

Canadian nursing, as we know it today, is the product of reform. New medical tech-

nologies, along with advances in hygiene, had allowed Canadians, by the middle of the 19th century, to see the hospital as a place to go for care, rather than simply a place to die.

Nursing came to be seen as an acceptable career for women. Nightingale, the British nurse who proved her mettle in the Crimean War, helped make that possible. She agreed to provide lodgings and salary to nurses who followed her to the Crimea; in exchange, they abided by

her rules. She emphasized both training and conduct, and worked to differentiate the role of nurse from that of the doctor, sometimes with difficulty.

Nightingale's ideas found their way to Canada. The first Canadian training school for nurses, part of the St. Catharines General Hospital, opened in 1873. By 1909, there were 70 such schools in the country. This period also saw the

formation of a national representative body for nurses, now known as the Canadian Nurses Association (CNA).

Nursing, as a profession, had grown in popularity and esteem. But Nightingale's emphasis on the subordinate role of the nurse — and, by extension, of women — still had to be challenged.

The outbreak of the Second World War again put emphasis on the role of the

Canadian nurse — and led to a shortage of them. The federal government intervened, allocating funds for nursing education, while publicity campaigns reached out to young women who, suddenly, had more career options available to them. In the years that followed, union activity among nurses increased — many advocated for improved working conditions and better pay.

Calls for a day of recognition began around this time. The International Council of Nurses first celebrated a Nursing Day in 1965; and, in 1974, the U.S. government established National Nursing Week. The Canadian government followed suit in 1985.

Today, National Nursing Week is celebrated by nurses of both genders, in communities across Canada. Their story is still being written.



National Nursing Week is celebrated by nurses of both genders, in communities across Canada. Their story is still being written. ISTOCKPHOTO/THINKSTOCK



Celebrating health care professionalism

2013 NATIONAL NURSING WEEK

With significantly expanded training and skills, Licensed Practical Nurses (LPNs) and Continuing Care Assistants (CCAs) bring professionalism and compassion to their vital roles in patient and resident care.

LPNs and CCAs and CUPE work collaboratively to protect our Medicare system and to advocate for everyone's ability to access health services of the highest quality in acute care, long term and community care when they need them.

As we mark **National Nursing Week, May 6 – 12**, we acknowledge the hard work and dedication of the thousands of women and men who do this important work here in Nova Scotia.

A message from CUPE Nova Scotia

CUPE

NSGEU nurses love what they do: caring for patients, helping Nova Scotians heal.

But they are understaffed, face heavy workloads, and need support to ensure they can offer the best possible care.

Our research shows almost three-quarters of our nurses believe there is a nursing shortage in Nova Scotia. Seven in ten nurses say they "work short" up to 50% of the time. And 96% of nurses surveyed believe "working short" compromises patient safety.

In honour of Nurses' Week, let's not just say "Thank you!"

Let's support our nurses.

**Caring
for
You**
NSGEU NURSES

Campaign. Nurses say 'It's about time'

The Canadian Nurses Association (CNA) campaign to raise awareness about nurse practitioners (NPs), which focuses on how NPs improve access to quality health care and reduce wait times, was recently launched on Prince Edward Island.

More than four million Canadians are without access to a primary health-care provider,

while those that have one often have difficulty accessing care. The result is an unsustainable, heavily burdened and overcrowded health-care system. As the national professional voice of registered nurses (RNs), the CNA strongly believes that adding more NPs will improve access, lead to a greater number of health-care options and enhance care for

the whole patient.

"Nurse practitioners have been an important part of Canada's health-care system for decades," said CNA president Barb Mildon. "But Canadians would get a lot more benefit if the health-care system allowed more NPs to work to their full scope of practice. Given the current strains on our system, there's no bet-

ter time to harness the full capabilities and expertise of NPs. They're an existing resource with a track record for improving Canadians' access to primary health care."

NPs are RNs with additional education, advanced knowledge and nursing experience, who work collaboratively with other nursing colleagues and health-care

providers. They deliver and co-ordinate high-quality care, order tests, prescribe medications, and diagnose and manage chronic illnesses. NPs are part of health-care teams in a variety of settings, including community clinics, doctors' offices, nursing homes and hospitals. In B.C., Alberta and Ontario, NPs have authority to admit and discharge patients

in hospitals and other facilities.

There are more than 3,000 NPs in Canada, and every provincial and territorial government has NP legislation in place.

The campaign — whose slogan is "Nurse Practitioners: It's About Time!" — is led by the CNA, in conjunction with ARNPEI. METRO NEWS SERVICES



Nurses work with people of all ages, backgrounds, and levels of health, in all kinds of different settings. FUSE/THINKSTOCK

Appreciate the knowledge, skills

May 6-12 marks National Nursing Week in Canada. Across the country, registered nurses (RNs) and registered practical nurses (RPNs), along with their colleagues, staff, and even patients, will be acknowledging the hard work nurses do every day. But this year's theme, A Leading Force for Change, reminds us that nursing is about even more than that.

"Nursing is a profession of leaders — and it is nurses who drive the profession to evolve," says Barb Mildon, president of the Canadian Nurses Association (CNA). "National Nursing Week helps the public to appreciate the knowledge, experience, and leadership skills these nurses bring to their work environments."

But the week does more than simply celebrate nurses. It is also gives them opportunities for professional development. Nurses can attend a mix of activities during National Nursing Week, many of them hosted at their place of work. These networking events, lectures, and other activities give nurses the chance to reflect on their profession — where it came from, where it is now, and where it's going.

"Nurses work with people of all ages, backgrounds, and levels of health, in all kinds of different settings," Mildon says. "Theirs is a complex role. National Nursing Week is one more way we can recognize them for the professionals they are."

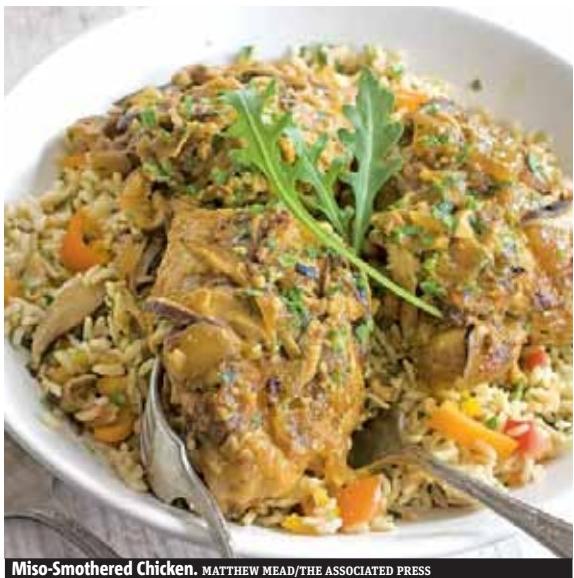
CHRIS EDWARDS

MY PATIENT'S BLOOD PRESSURE IS LOWER THAN EXPECTED. WE SHOULD DISCUSS HER DOSAGE... THAT WASN'T A TYPICAL READING FOR MY 18-YEAR-OLD MALE PATIENT. I THINK WE NEED TO TAKE A CLOSER LOOK... IF WE'RE SENDING MY OTHER PATIENT HOME, SHE NEEDS APPROPRIATE SUPPORT BEFORE BEING DISCHARGED... POST-SURGERY, MY PATIENT IN 3A WAS SHORT OF BREATH... AND MY PATIENT WITH THE DISTENDED ABDOMEN COULD HAVE AN OBSTRUCTION... I'M CONCERNED, BEFORE I LEAVE TONIGHT, I NEED TO...

Nurses are always thinking of you.
They have an important role in delivering your healthcare.
This message brought to you by the Nova Scotia Nurses' Union.

**Nova Scotia
Nurses
Union**

South Meets West: Fried chicken with an Asian twist



Miso-Smothered Chicken. MATTHEW MEAD/THE ASSOCIATED PRESS

The U.S. South's love affair with fried chicken is being challenged by an unlikely influ-

ence: The North. Southern food has always been a confluence of cultures, it just happens that

it's now the North that is infusing its ideas in the culinary mix.

This chicken dinner by Brooklyn-born Kentucky chef Edward Lee blends a staple of Southern cooking with two Asian ingredients.

1. In a large bowl, mix flour, salt, cayenne and garlic powder. Add chicken and toss to coat.
2. In a medium Dutch oven over medium, heat the oil until it shimmers. Add chicken pieces skin-side down and cook, turning once, 8 to 10 minutes. Transfer chicken to a paper-towel-lined plate and set aside.
3. Pour off all but 30 ml (2 tbsp) of oil from the pot. Reduce heat to medium-low and add onions. Cook, stirring occasionally, 12 to 15 minutes. Stir in garlic and cook for 1 minute. Add bourbon and cook until liquid has evaporated, about 2 minutes.
4. Stir in chicken stock, orange juice, soy sauce and miso and bring to a simmer. Return chicken to the pot, cover

and simmer until it is cooked through, about 30 minutes.

5. Add mushrooms and simmer, uncovered, until they are tender and the sauce is the consistency of a gravy, about 10 to 15 minutes longer. Serve with rice. **THE ASSOCIATED PRESS**

Ingredients

- 125 ml (1/2 cup) flour
- 5 ml (1 tsp) kosher salt
- 5 ml (1 tsp) cayenne pepper
- 5 ml (1 tsp) garlic powder
- 4 bone-in, skin-on chicken thighs
- 30 ml (2 tbsp) vegetable oil
- 500 ml (2 cups) chopped onions
- 15 ml (1 tbsp) minced garlic
- 80 ml (1/3 cup) bourbon
- 500 ml (2 cups) chicken stock
- 100 ml (1/2 cup) orange juice
- 30 ml (2 tbsp) soy sauce
- 15 ml (1 tbsp) dark miso
- 8 oz shiitake mushrooms, stems discarded, thinly sliced
- Cooked rice, to serve

Brighten up your poultry's day with citrus

1. Preheat oven to 175 C (350 F). Dry chickens with paper towels. In a large roasting pan, stack and arrange most of the carrots, celery, some garlic, lemon and onion. Stuff each chicken with some garlic, lemon, herbs and celery.

2. Run your fingers under the skin of the chickens' breasts, separating it from the meat. Slide orange slices under the skin next to the meat. Dot with butter and push sprigs of the herbs under the skin as well.

3. Rub skin with olive oil, then

sprinkle with salt, pepper and paprika. Truss legs and put on top of the veggies in the pan.

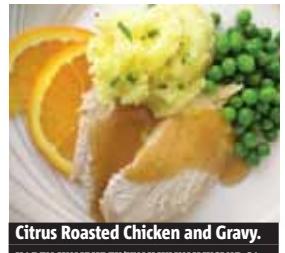
4. Cover chickens with foil and bake 45 minutes. Remove foil and bake for another 45-50 minutes. Remove and let sit for about 20 minutes. Remove chicken to cutting board inside a rimmed cookie sheet and cover with foil to let it rest.

5. Pour juices and vegetables from pan and the vegetables and herbs from the chickens into a large pot and mash the whole thing up. Sprinkle with

flour and mix well, with the pan on medium-low heat. Add wine and chicken broth, cook, stirring, for about 10 minutes.

6. Take the pot off the heat and strain gravy through a sieve into a bowl, pushing all the liquid through the mashed vegetables. Mix together 15 ml (1 tbsp) cornstarch with 45 ml (3 tbsp) of cold water and stir into the gravy, then continue to stir and cook over medium-low heat until it becomes thicker. Carve chickens and serve with gravy and mashed potatoes.

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Citrus Roasted Chicken and Gravy.

KAREN HUMPHREY/YUMMYMUMMYCLUB.CA

Healthy eating

Choose it and lose it



ROSE REISMAN
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her on twitter @rosereisman

Everything in moderation is the key — especially when it comes to pastries. But some items are better left on the shelf.



Gourmet Cupcake With Icing

1125 cal / 61 g fat / 117 g sugar
Next time you're ready to inhale that cupcake, remember you're consuming close to your daily calories, fat and three days' worth of sugar!

Equivalent

One gourmet cupcake with icing is equivalent in calories to two cans of whipped cream.



4 French Macaroons

280 cal / 13 g fat / 28 g sugar
These wonderful and different flavoured macaroons are filled with buttercream, and are more satisfying than the jumbo cupcake.

Ingredients

- 30 ml (2 tbsp) butter, softened
- olive oil
- salt and pepper
- 2 ml (1/2 tsp) paprika
- 10 ml (2 tbsp) flour
- 100 ml (1/2 cup) dry white wine/ chicken broth (optional, you can use chicken broth or cider instead)
- 500 ml (2 cups) chicken broth
- 15 ml (1 tbsp) cornstarch
- 45 ml (3 tbsp) cold water

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You're more capable than you may know

Talents you have tucked away. Rev up your resumé by reflecting on your own transferable skills

YLVIA
VAN BUUREN
CareerBear.com

If you think you have little or no experience to offer prospective employers, think again, says Sandy Johnson, vice-president of NEXCareer.

We all get experience and skills from different places and various aspects of our lives, says Johnson. These versatile talents that serve you well in different jobs are often identified as "transferable skills."

"Sometimes we have difficulty seeing these competencies because they're such an integral part of who we are that we don't notice them," says Johnson. "But they're the same ones that make us stand apart."

If you are looking for a new job, identifying your transferable skills is the start to exploring what's next. Then, your goal should be to articulate skills in a way that a prospective employer can understand how they relate to the role that they're trying to fill.

"You need to connect the dots for employers so that they can see how you can bring value to their organization," Johnson says.

Here are four common roles and some examples of their transferable skills:

Full-time parent/homemaker:

"This is a huge job that is so all encompassing, and some of the skills can be translated into a business context," Johnson says. For example, maintaining your home and property may require similar expertise to

The great web of work

- Career Bear is Canada's premier source for people who want a new career but aren't sure where to start.
- Visitors to the website can browse careers by industry, salary, outlook or alphabetical listing and find job profiles, quick career facts and training programs near them.



Perhaps you'd like to forget the time that you dealt with customer complaints, but if you kept your cool in these difficult situations, that could be a serious plus for your CV. iSTOCK

What are my strengths, sister?

It's helpful to have somebody to consult with when you're identifying your transferable skills. Other people can sometimes see your talents more clearly than you can see them yourself, says Johnson. Here's a quick exercise to help.

- Write down skills that contributed to past accomplishments (for

example, leadership skills on your basketball team, planning skills for organizing an event).

- Write down skills you've been complimented on (for example, you have been told that you are a good listener or have great interpersonal skills).

managing an office when it comes to selecting contractors or other suppliers. A homemaker has the skills to facilitate smooth daily operations much like skills that are valued in the workplace — project management skills (booking a family holiday), negotiation skills (you do it every day with your kids), and time management skills (reacting to changing priorities at home).

Labourer

Manual and other labourers have a range of transferable skills, says Johnson. "The ability to take direction and work independently as well as take initiative and deliver results is highly valued in many roles." Labourers are often task-oriented and show strong problem-solving skills to ensure a job well done within certain requirements and time frame (for example, finding faster/better ways to have flats of flowers planted by noon or dividing responsibilities amongst team members to accelerate the process).

Administrative assistant

Whether supporting one person or a team, this type of position demands organizational and planning skills, management of multiple parties with conflicting agendas and needs (boss, team members, clients, suppliers, etc.), confidentiality and discretion, multi-tasking and prioritizing, ability to improvise and being able to calmly make decisions.

Call centre representative

"Working with the public can be incredibly challenging because you're often on the receiving end of complaints and negative feedback. The ability to provide diplomatic and courteous service while making sure the customer is heard is a huge skill-set, appreciated everywhere," says Johnson. You need to demonstrate exceptional communication skills not just with the customer but with the rest of the team as well. This position entails diagnosing problems and offering solutions. You've got to be able to think on your feet and know when to escalate an issue. Follow-up and follow through are important.

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CAMP GUIDE

Monday, May 6, 2013



When going away to summer camp, make sure you pack extra changes of clothes for warm weather and cool weather situations. DARRIN KLIMEK/LIFESIZE/THINKSTOCK

What to pack and not to pack

With all the electronics kids have these days, from iPods to video game consoles and cellphones, parents should inquire about a camp's policy on these devices.

Cellphone use, in particular, might raise concerns about a camper's independence away from home. Those that allow cellphone use would be in the minority of camps and many camps are

simply out of range for most cellphone use anyway.

Some camps allow periodic phone calls from parents on traditional land-line phones, or will print out emails from home and distribute them like mail, but others don't allow non-emergency contact because they want to encourage a camper's adjustment and to discourage interruptions.

What you should take

with you to camp is going to vary on what camp you are attending and what activities you will be doing.

Some camps have this information available on their website or will provide you with this information when you register.

Here is a list of some of the basics, but check with your camp on what to bring and what to leave at home before

you pack. Remember to label your belongings.

What to remember:

- Swimwear and sleepwear
- Comfortable, loose clothing
- Extra changes of clothes for warm weather and cool weather
- Rain gear
- Sunscreen (or any other UV protection)
- Hat with a wide brim

- Insect repellent
- Toiletries such as soap and shampoo, etc.
- Sturdy footwear that can handle rugged terrain
- Bedding
- Several towels
- Flashlight and extra batteries
- Refillable water bottle
- Optional items such as cameras, writing supplies, musical instruments, books, games

What to leave at home:

- Portable MP3 players and other music players
- Cellphones, PDAs, etc.
- Expensive items that will devastate your child if they are broken or lost
- Too much money — a modest amount is all that's needed to buy the occasional treat or souvenir at the tuck shop.

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OF NOVA SCOTIA

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Camper FAQ. Comforting your children

Camping Association of Nova Scotia has compiled these frequently asked questions that parents and new campers often have. If you have specific questions, don't hesitate to contact the camps.

I am a little nervous. What if I do not know anyone?

It can be scary, especially if you are shy, going to camp when you don't have any friends go-

ing with you. One of the great things about summer camp is that you will get to know a ton of people. You may not have any good friends going to camp with you, but you will leave camp with some great new friends. Remember that there are lots of other campers who will be in the same boat when they arrive, and you aren't not alone in feeling a little nervous.

What if someone is bullying me? (or a friend?)

Firstly, you should know that counsellors and directors are available, able, and willing to intervene if something goes wrong. There are a variety of ways counsellors can directly engage children in bullying prevention. Cabin chats, all-camp meetings, and campfire talks are ideal situations for campers and counsellors to

establish rules that promote respect, and discuss concerns about bullying behaviors or incidents.

What if I get sick?

If you find yourself not feeling well you should let someone know like a counsellor, director, or the camp nurse. Your counsellor can tell you who on staff to see for medical advice or help or take you to

that person. It's important to let someone know if you are feeling sick because you want to stay safe and healthy and also make sure others are safe and healthy.

What if I am afraid of bees, water, the dark, etc.?

If there is anything you uncomfortable with, you should let someone know. None of your counsellors or new

friends want you to feel uncomfortable. If you are afraid to walk somewhere alone, ask a buddy; if you are feeling anxiety about the water, tell a counsellor. It's your time to have fun at camp, so be sure to tell someone if you are feeling anxious or uncomfortable so they can help make the best of your camp experience.

COURTESY CAMPING ASSOCIATION OF NOVA SCOTIA

Various learning phases

Being a parent through the ages and stages of childhood is demanding but also rewarding, especially when you see your child flourish. Remember to include camp on your best-choice list of places where that happens.

Here is a quick guide to understand how kids at various ages grow and learn at summer camps.

Your child is four to six years old — they are a sponge for information. For kids at this stage, camp offers early social experiences that they won't have available through any other means. Camp also exposes them to adult leaders other than parents.

Your child is seven to nine — they are developing their own interests. Camp can help them explore these interests though activities such as drama, computer and tech or specific sports. Camp also offers new opportunities to socialize and take on new challenges.

Your child is 10 to 12 — they are graduating into adolescence and are torn between being a kid and acting older. Camp offers these tweens/preteens an outlet to be themselves among their peers.



Summer camp is an opportunity for children to learn and grow. FUSE/THINKSTOCK

They also meet kids of different backgrounds and abilities; kids this age at camp start to learn tolerance of others.

Environment where they can start and foster friendships and can grow self-esteem through mentoring those who are younger.

Your child is 13 to 15 — they are beginning to stretch their adolescent wings at an age many people find to be one of the most difficult or challenging phases in life. Kids this age are learning who they are, dealing with the attitudes of others and developing self-esteem. Camp offers these children an en-

vironment where they can start and foster friendships and can grow self-esteem through mentoring those who are younger.

Your child is 16 and older — they are developing a firm idea of who they are. Camp offers strong, older role models as well as the opportunity for them to act as one to younger children.

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Bayside
camp

Save on camp fees

Children may spend an entire year waiting until they can return to their favourite summer camp. Their parents, however, may spend the year saving up to make that return possible.

Luckily, there are resources to make summer camp a reality for all kids, no matter their financial situation.

The Costs You Can Expect

Just as the types of camps vary, so do their fees. In general, traditional residential camps can cost \$300 to \$1,000 per week, and day camps will run about \$35- to \$500. This covers access to the camp's facilities, meals, accommodation, medical services, and supervision from a trained staff. Depending on the camp, extras like transportation and laundry may also be included in the base

fee. Other costs may come in the form of supplies, equipment, and clothes. Instead of splurging, administrators recommend using whatever is already at home to keep prices down and avoid ruining newer items.

What Camps Can Do

Often, the sooner parents register their kids for camp, the more they save. Families with more than one child attending enjoy sibling discounts, and referring other campers will earn them even more fee reductions.

What Charities Can Do

Another valuable resource is a charitable organization whose mandate is to send kids to camp.

What Families Can Do

Paying for camp is increasing-

ly becoming a group effort. Grandparents, friends, and colleagues can contribute to a camper's fees. Kids can hold yard sales, do chores around the neighbourhood, or save up birthday money.

If a parent is a former camper, a great resource is his or her alma mater. Many camp directors give discounts or funding prioritization to the children of alumni, or even subsidize the cost personally.

Parents should also research the Children's Fitness Tax Credit. It allows parents to claim up to \$500 in fees spent on physical activities per child under the age of sixteen. For more information, consult the Canada Revenue Agency.

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD.



When selecting a day camp, research to find a program that best suits your child's needs. STOCKBYTE/THINKSTOCK

Keeping days full

There are many facilities that run day camps in the summer. It is important to do your research to find a program that fits best with your family's needs.

You may find that some camps are simply daycare programs offering a modified version of their regular curriculum, including circle time, reading, snack, and free-play in a small yard. Backyard camps can merely be programs offering little more than babysitting with a kiddie pool and a swing set. A small camp is not necessarily the right camp for your little tyke.

The right camp can provide your child with growth and confidence while being in a fun, warm and safe environment.

When looking for a day camp, you want to ensure that it offers a variety of age-appropriate activities and programs for both boys and

Also consider

- Other points to consider include: How long has the camp been in business? What first-aid facilities does the camp have? Is this a camp your child will grow with or outgrow quickly?

girls. Outdoor camps, as opposed to daycares or backyard camps, are able to offer a wider variety of activities to keep your child both engaged and excited to attend every day.

To really know what you are signing up for, make sure to visit the camp facilities with your child.

Speak to the camp director and ask lots of questions.

What type of training does the camp staff receive? Knowing how the camp staff handles meal times

and sun safety is important. With young children, the staff needs to help open lunches and containers and make sure that meals are eaten. Staff members need to encourage and ensure that campers are staying well hydrated, especially during hot days. The staff should be applying sunscreen several times a day and shouldn't expect the children to remember or apply it themselves.

What are the camper-to-staff ratios? Low staff-to-camper ratios ensure that your children receive personal attention and are treated with patience, sensitivity, and TLC.

Safety is every parent's concern and you want to ensure that the camp's infrastructure is professionally maintained and is not a makeshift facility.

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Questions you need to ask a camp director

Deciding on which camp to send your kids to can be stressful for parents. Will the camp be a good fit? What type of training do the counselors have? Will my child enjoy their time away? For parents with children who have special needs, this stress is multiplied.

Before you sign your child up for camp, here are some

questions you need to ask a camp director to ensure a fun-filled and stress-free summer for both you and your child.

- What is the camp's philosophy and approach? This question is very important in determining whether the camp, its program, and staff members are right for your child.
- Will they provide references

from parents, campers, and staff? A camp should offer you a list of families to speak with to find out more about their program, and their child's experience at camp.

- Can you visit the camp in the off-season? It's well worth the drive to camp in the off-season to see the facilities, show your child around, and have another conversation

with the directors — this time at camp instead of your living room.

- Is the camp accredited and by whom? Be certain that the camp you are considering is an accredited member of a provincial camps association or a similar organization.
- What will be the location and format for the first meeting between the camp direc-

tor and you and your child? You can tell quite a bit about what a camp is like by the style, format, and location of the initial meeting between you, your child, and the camp's director. Pay special attention to body language. Watch how your child reacts when meeting the director. Does the director engage your child, make eye contact, get

them to laugh, talk about favourite subjects, activities, concerns about going to camp, etc.

- What is the camp director's background? Camp directors set the tone for camp, so it's important that you find out about their backgrounds.

YUMMYSUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD.

Attitude. Prepare your child before they leave

You can prepare your child for the new and uncertain, yet highly rewarding, experience that will be encountered at camp through friendly chats about things that might seem different. You will think of many things to talk about. Here are a few to start off:

- Darkness: You might mention the difference between the bright lights in the city at night and the quiet beauty of the star-studded evenings in the country. Sitting around the camp fire at night will seem exciting and different to youngsters.

- Noises: Normal city noises of sirens, buses, horns, airplanes will be exchanged for the sounds of small animals, the chirping of crickets, owls hooting, etc.

- Space: Undeveloped land is becoming a thing of the past. At camp, however, children have acres and acres for playing and hiking. It may be a child's first encounter with this sort of environment, and it may seem very large in comparison to what they are used



Before your children go away to camp, sit down and have a chat with them so they will know what to expect. ISTOCKPHOTO/THINKSTOCK

to. Adults have a tendency to forget that things we long ago accepted will be adjustments for children.

- Children: Mention that there are different kinds of children and that it will require "give and take" to get along, to

make friends and to get the most out of living at camp.

- Religion: People have different religious customs, but each has a right to believe in their own way.

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Answers will lead to positive experiences

If you are looking to choose a summer camp experience for your child then you already have an understanding of the positive impact summer camp can have on children.

The answers to these following questions should allow you to form reasonable expectations of the camp you choose for your campers.

1 What is the camp's staff-to-camper ratio? This

ratio indicates the overall level of supervision that the camp can provide your camper. Counsellor/camper ratios should be no larger than 1-to-8 for children younger than seven, or 1-to-12 for children ages eight to 16.

2 What measures does the camp take to ensure the safety of the campers? This question addresses supervision and the quality of staff.

You should learn about the ages and qualifications of the staff, the camp's protocols of supervision and risk-management (buddy systems, cabin checks), and the guidelines set for campers (boundaries, water safety).

3 What is the camp's staff return rate? A high staff return rate indicates good staff supervision, dedication to camp programs, and a high level of tradition.

4 What programs does the camp offer? Are you looking for a traditional and varied camp program, or a camp where campers hone a particular set of skills/talents?

5 How do campers choose their programs at camp? Asking for a description of a "typical day at camp" will give you a good idea of the campers' schedule, and will help you determine whether or not the campers' time is being spent productively, actively, and enjoyably.

6 What does the camp director/staff want the campers to take away with them at the end of their camping experience? The camp director's answer to



Choose a summer camp that will have a positive impact on your child. ISTOCKPHOTO/THINKSTOCK

this question will reveal the overall values and philosophies of the camp.

7 How does the camp and staff deal with issues like homesickness, bullying, and campers with special needs? Staff should be trained in such areas as age-appropriate needs, behaviour management, methods of inclusion,

and skill development.

8 What is the camp director's background and what are their qualifications? The camp director's age, experience, education, character, and overall level of maturity will determine their ability to run the camp safely, smoothly, and interact appropriately with staff and

campers. The camp director is the person ultimately responsible for the care of your camper.

9 What kind of health-care facility/staff is available to the campers? Safety should be of the utmost importance at any camp.

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Moose predicting a war in Baie-Comeau

Two down. Halifax wins its first two at home to open QMJHL final, but their next test comes on the road



ANDREW RANKIN

andrew.rankin@metronews.ca

Konrad Abelshauser knows that if the Halifax Mooseheads are to win the President Cup, they'll probably have to do it in the trenches.

After two hard-fought victories against the Baie-Comeau Drakkar at home over the weekend, the Herd's veteran defenceman is well aware that his squad will be entering hostile territory on the road in games 3 and 4 of their best-of-seven series on Tuesday and Wednesday.

If what transpired in the third period of Game 2 is any indication, he might be right.

Mooseheads forward Stephen MacAulay dropped the gloves with Alec Jon Benville after the Drakkar forward ran over Darcy Ashley. Less than 30 seconds later the Herd's captain Stefan Fournier went toe-to-toe with Gabriel Vrabel, who flattened Nathan MacKinnon.

"We're just trying to stay out of it," said Abelshauser, who had a goal in both of the Mooseheads' victories. "Most of the toughness comes after the whistle. They try to suck us in a little bit, but if we play our way and don't retaliate then we'll be on the power play."

Both of the Mooseheads' victories — a 4-0 win Friday followed by a 4-3 triumph Sat-



Members of the Halifax Mooseheads pile on Konrad Abelshauser after a first period goal against the Baie-Comeau Drakkar in Saturday's Game 2 at the Metro Centre in Halifax. JEFF HARPER/METRO

Perfect start

"They are a very physical team, but we responded. We got the wins and that's what's most important."

Mooseheads forward Matthew Boudreau on the team's opening wins against Baie-Comeau Drakkar in the QMJHL finals series

urday — were marked with airtight defence that ultimately led to an overwhelmed Drakkar club losing its cool in the late stages of both games. While they've risen to the occasion defensively, the Mooseheads have come up big offensively too.

After struggling in the semi-final, Mooseheads forward Matthew Boudreau came up big in Saturday's victory with three points, including what

turned out to be the game-winning goal.

"It's been five or six games that I was held pointless but still I tried to bring everything

I could to help the team to win, so it feels really good," said Boudreau.

For the second straight night Zach Fucale came up

big in net for the Mooseheads, turning aside 28 shots for his 14th straight victory of the postseason.

Like always, as the series switches to Baie-Comeau, it's all about maintaining momentum for Halifax.

"What was really great about (Saturday's) win was that we won and we got one step closer to our dream, which is to win the President Cup," Abelshauser said.

Drakkar optimistic about homecoming

Eric Veilleux is happy to be heading home to face the Halifax Mooseheads in the QMJHL final.

After being outplayed and outscored 8-3 in games 1 and 2, Baie-Comeau's head coach is confident that his squad can turn the tables on the Herd in games 3 and 4 at the Henry Leonid Centre.

"If you look at the shots and the scoring chances, they

weren't very high for both sides," Veilleux said. "People think that because the building is so loud that the (Mooseheads) have momentum and they're getting scoring chances, but really that's not the case. It may be the other way around when we're at home. I'm sure our crowd is going to be there."

After Saturday's matchup, which was highlighted by

Goal rush

8-3

The Mooseheads outscored Baie-Comeau 8-3 in Games 1 and 2 combined.

two fights, Veilleux stood his ground, saying his squad was simply playing aggressive hockey.

At the same time he pointed out that the Mooseheads deserved credit for winning the opening two games by playing with skill and speed.

"Halifax did their job, they won both of their games here. Now it's up to us to get ready for Game 3 and do our job at home," he said. "We'll watch the video and we'll make sure we're ready to go."

ANDREW RANKIN/METRO



Mooseheads forward Stephen MacAulay exchanges blows with Baie-Comeau Drakkar's Alec Jon Benville in Game 2. JEFF HARPER/METRO

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4
SPORTS

Senators have Canadiens back on their heels

NHL playoffs.

Montreal unable to raise level of play to match hosts as Ottawa grabs 2-1 series lead

Jean-Gabriel Pageau scored his first NHL hat trick on Sunday night to lead the Ottawa Senators in a fight-filled, 6-1 victory over the Montreal Canadiens and a 2-1 lead in the best-of-seven series.

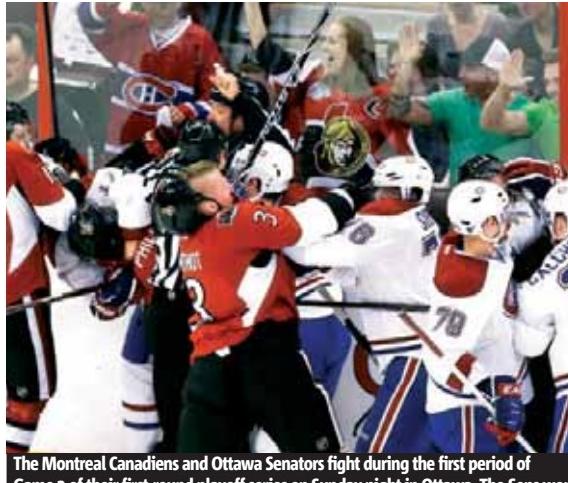
The third period started out with the Senators leading 2-1, but after Pageau's second goal of the night and a Kyle Turris marker seven minutes in, emotions overflowed and a line brawl broke out at centre ice.

Pageau, who was born in Ottawa, brought the 20,249 spectators on hand at Scotiabank Place to its feet after scoring his second of the game at 1:18 of the third period to give the Senators a 3-1 lead.

Turris' goal, his first of the series, at the seven-minute mark, put the game out of reach and on the ensuing face-off four fights broke out.

The Senators ended up with the man advantage and Jakob Silfverberg scored on the power play as he beat Habs goalie Carey Price up high to make it 5-1 with more than 12 minutes remaining.

More penalties were taken and at one point Ottawa was left with just five players on



The Montreal Canadiens and Ottawa Senators fight during the first period of Game 3 of their first-round playoff series on Sunday night in Ottawa. The Sens won the fight-filled affair to take a 2-1 series lead. FRED CHARTRAND/THE CANADIAN PRESS

the bench, while Montreal had six.

Pageau completed the hat trick, just the second player in Senators history to score a hat trick in the playoffs after Daniel Alfredsson did it in 1998, with less than two minutes remaining in regulation.

Alfredsson scored Ottawa's opening goal and Craig Anderson stopped 32 shots.

Price faced 30 shots in a game he will want to forget. Rene Bourque scored the lone goal for the Canadiens at 14:34 of the first.

Captain Brian Gionta and Max Pacioretty, who both missed Game 2, were back in the lineup for the Canadiens.

THE CANADIAN PRESS

Elsewhere on Sunday

- Penguins 5, Islanders 4.** Chris Kunitz scored his second goal of the game in overtime off a pass from Sidney Crosby, and Pittsburgh shook off an early deficit and a late blown lead to go up 2-1 in its series versus New York.
- Wild 3, Blackhawks 2.** Jason Zucker scored at 2:15 of overtime to give Minnesota a victory over Chicago, pulling the Wild within one in the Western Conference quarter-final series. THE ASSOCIATED PRESS

NHL playoff



"It's a step of earning respect back for our community and our fans."

Maple Leafs head coach Randy Carlyle. Toronto tied up its series with the Boston Bruins 1-1 on Saturday night with a 4-2 win. The Leafs host their first playoff game in over nine years on Monday night.

MLB

Jays deliver win over M's in finale

Melky Cabrera hit his first homer of the season and Mark DeRosa added a three-run shot to lead the Toronto Blue Jays to a 10-2 win over the Seattle Mariners on Sunday. Brandon Morrow worked eight innings for his first win of the year.

THE CANADIAN PRESS

NBA playoffs

Pacers pounce on Knicks in Game 1

David West scored 20 points, Paul George added 19 and the Indiana Pacers beat the New York Knicks 102-95 on Sunday in Game 1 of the Eastern Conference semifinals. Carmelo Anthony had 27 points for the Knicks.

THE ASSOCIATED PRESS

NHL PLAYOFFS

CONFERENCE QUARTERFINALS

(Best-of-7 series; All times Eastern)

EASTERN CONFERENCE

PITTSBURGH (1) V. NY ISLANDERS (8)

(Pittsburgh leads 2-1)

Sunday's result

Pittsburgh 5 N.Y. Islanders 4 (OT)

Tuesday's game

Pittsburgh at N.Y. Islanders, 7 p.m.

MONTRÉAL (2) VS. OTTAWA (7)

(Ottawa leads 2-1)

Sunday's result

Ottawa 6 Montreal 1

Tuesday's game

Montreal at Ottawa, 7 p.m.

WASHINGTON (3) V. NY RANGERS (6)

(Washington leads 2-0)

Saturday's result

Washington 1 NY Rangers 0 (OT)

Monday's game

Washington at NY Rangers, 7:30 p.m.

BOSTON (4) VS. TORONTO (5)

(Series tied 1-1)

Saturday's result

Toronto 4 Boston 2

Monday's game

Boston at Toronto, 7 p.m.

WESTERN CONFERENCE

CHICAGO (1) VS. MINNESOTA (8)

(Chicago leads 2-1)

Sunday's result

Minnesota 3 Chicago 2 (OT)

Tuesday's game

Chicago at Minnesota, 9:30 p.m.

ANAHEIM (2) VS. DETROIT (7)

(Anaheim leads 2-1)

Saturday's result

Anaheim 4 Detroit 0

Monday's game

Anaheim at Detroit, 8 p.m.

VANCOUVER (3) VS. SAN JOSE (6)

(San Jose leads 2-0)

Sunday's result

Vancouver at San Jose

Tuesday's game

Vancouver at San Jose, 10 p.m.

ST. LOUIS (4) VS. LOS ANGELES (5)

(St. Louis leads 2-1)

Saturday's result

Los Angeles 1 St. Louis 0

Monday's game

St. Louis at Los Angeles, 10 p.m.

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	20	11	.645	—
New York	18	12	.600	1/2
Baltimore	19	13	.594	1/2
Tampa Bay	14	16	.467	5/2
Toronto	11	21	.344	9/2

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	19	11	.633	—
Kansas City	17	10	.630	1/2
Cleveland	14	14	.500	4
Minnesota	13	14	.481	4/2
Chicago	12	17	.414	6/2

WEST DIVISION

	W	L	Pct	GB
Texas	20	11	.645	—
Oakland	18	14	.563	2/2
Seattle	15	18	.455	6
Los Angeles	11	20	.355	9
Houston	8	24	.250	12/2

Sunday's results

Toronto 10 Seattle 2

Texas 4 Boston 3

Oakland 5 N.Y. Yankees 4

Minnesota 4 Cleveland 2

Kansas City 6 Chicago White Sox 5 (10 inn.)

Baltimore 9 L.A. Angels 4

Detroit 9 Houston 0

Saturday's results

Seattle 8 Toronto 1

Texas 5 Boston 1

Baltimore 5 L.A. Angels 4 (10 inn.)

Kansas City 2 Chicago White Sox 0

N.Y. Yankees 4 Oakland 2

Cleveland 7 Minnesota 3

Detroit 18 Houston 2

NATIONAL LEAGUE

Sunday's results

San Francisco 4 L.A. Dodgers 3

St. Louis 10 Milwaukee 1

Cincinnati 7 Chicago Cubs 4

Atlanta 9 N.Y. Mets 4

Miami 14 Philadelphia 2

Tampa Bay 8 Colorado 3

San Diego 5 Arizona 1

Washington 6 Pittsburgh 2

Saturday's results

St. Louis 10 Milwaukee 1

Cincinnati 7 Chicago Cubs 4

Atlanta 9 N.Y. Mets 4

Miami 14 Philadelphia 2

Tampa Bay 8 Colorado 3

San Diego 5 Arizona 1

Washington 6 Pittsburgh 2

MLS

Sunday's results

Kansas City 4 Chivas USA 0

Houston at Los Angeles

Saturday's results

Colorado 1 Toronto 0

Salt Lake 2 Vancouver 0

Philadelphia 2 Seattle 2

San Jose 2 Montreal 2

New York 1 Columbus 0

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Horoscopes

Aries

March 21 - April 20

You have nothing to prove and nothing to feel bad about, so don't even think of trying to explain yourself to those who don't approve of your aims or your methods. What do you care what they think!

Taurus

April 21 - May 21

It is a fact of life that some people rub you up the wrong way no matter how hard you try to like them. You will have to deal with such a person today.

Gemini

May 22 - June 21

You seem to believe that a friend has let you down and you are so annoyed that you may even be thinking of cutting your ties with them. Don't! According to the planets it's all a big misunderstanding.

Cancer

June 22 - July 23

If you feel less than motivated as the new week begins then don't force yourself to do things you know you won't enjoy. Not even a Cancer can be on top form all the time.

Leo

July 24 - Aug. 23

Whatever you do today make sure you do it to the very best of your abilities. If you don't you could draw the unwelcome attention of someone in power. Think of your reputation: make a good job a brilliant one.

Virgo

Aug. 24 - Sept. 23

What took place over the weekend may not have been to your liking but neither was it as bad as you think. This week's aspects are a lot more promising.

Libra

Sept. 24 - Oct. 23

Try not to take life too seriously today. Find ways to see the amusing side in everything that happens. Even the most solemn of situations can be god for a laugh.

Scorpio

Oct. 24 - Nov. 22

The world is full of possibilities but you seem determined to focus on the negative things. Why is that? Whatever the reason you need to snap out of it fast. Opportunities are everywhere.

Sagittarius

Nov. 23 - Dec. 21

You will have to put up with an annoying person today, the kind of person you would usually cross the road to avoid. Try listening to what they have to say – they know something you should know too.

Capricorn

Dec. 22 - Jan. 20

There is no point trying to get approval for what you intend to do this week. Have the courage to go for it no matter what other people might think or say.

Aquarius

Jan. 21 - Feb. 19

What you think is important is really of no importance at all, so stop obsessing about it and turn your attention to more positive things. No matter what the "experts" say nothing bad is going to happen.

Pisces

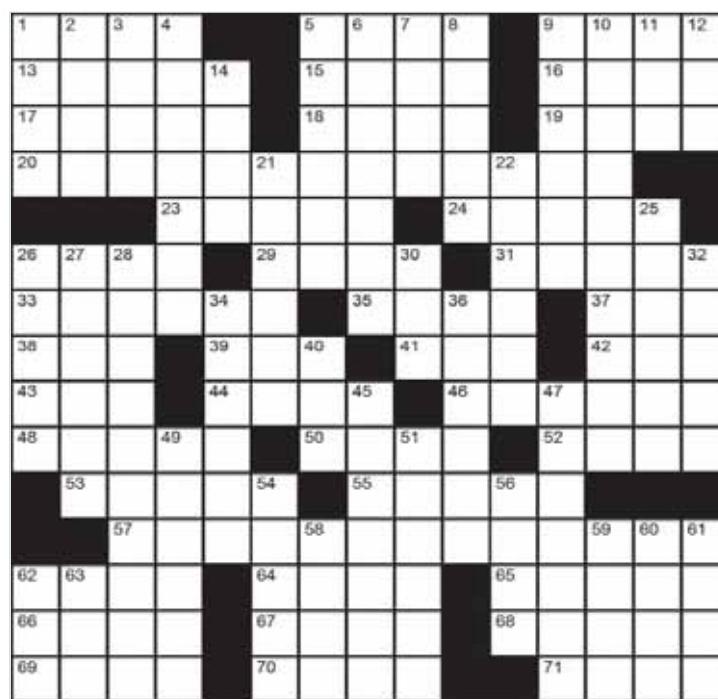
Feb. 20 - March 20

You may be tempted to give up on something that looks incredibly hard but you will regret it if you do. The approaching eclipse will sweep away all your doubts by the end of the week. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

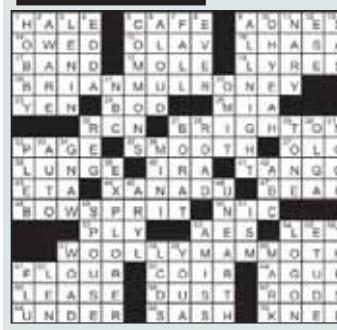
1. Suffix with 'Hip'
5. Mr. van Koeverden, Canadian kayaker/Olympian
9. Lovestruck, olde-style
13. Being less diluted
15. Single-named Canadian songstress
16. ___ & The Bunnymen
17. "Give ___ ___" (Try)
18. "___ you can't guess!"
19. Jazz singing style
20. Canadian ___ (Annual event of Spring in the capital region)
23. Intended
24. They're called in roll call
26. 'Motor' suffix
29. Purposes
31. Point ___ (Canada mainland's most southerly tip)
33. Unkeyed, in music
35. Fashion designer, ___ Rabanne
37. Bon Jovi song: "___ Your Hands on Me"
38. Tail: Prefix
39. "___ magic!"
41. Sigma's alphabetic follower
42. "5th ___ Girl" (1939) starring Ginger Rogers
43. Guided
44. Young hawks
46. Plants trimmer
48. ___- (Clark Kent, originally, on planet Krypton)
50. Capri pants, ___-length
52. PMs and Prezzes
53. Narrates
55. Mr. Povich of TV talk
57. #10-Down, Canadian ___
62. Not-well-received movie



Down

1. After gargling, what the dentist says
2. Anti-apartheid activist, Desmond
3. 'Gen' add-on
4. Regulated routine
5. Extraterrestrials
6. Modern music genre
7. Assist in wrongdoing
49. Gets married quick-style
51. Snipped-off-of-clothes things
54. 'Cheap' completer
56. Small estuaries
58. Blueberry, and others
59. ___-hoop
60. Daughter on "The Waltons"
61. Officially mailed letter, for short
62. Mil. posts
63. Caustic stuff

Friday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

2	4	7	9	3	8	5	6	1
5	6	8	2	1	7	9	3	4
1	3	9	5	4	6	7	8	2
6	9	5	3	2	1	8	4	7
4	8	2	7	6	5	1	9	3
3	7	1	4	8	9	2	5	6
8	2	3	1	9	4	6	7	5
7	1	6	8	5	3	4	2	9
9	5	4	6	7	2	3	1	8

1		6		3
7	6	1	9	4
3	9	5	6	
6				9
2		1	6	
				5
5	4	9	3	1
3		8		6

Today

18° / 7°
Sunny

Tuesday

19° / 10°
Mainly sunny

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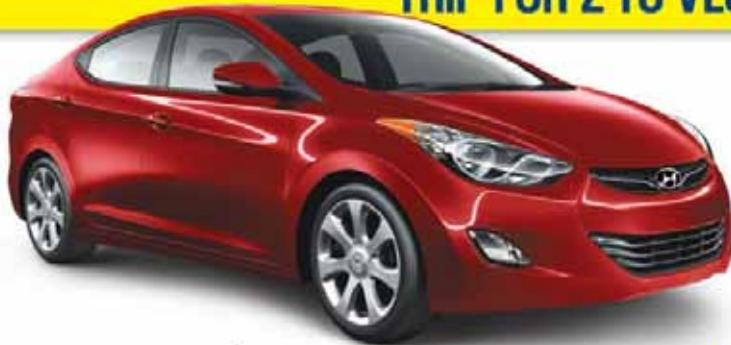
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